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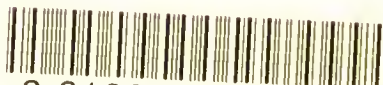


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PREFACE.

IT was with much reluctance that I accepted in 1873, the invitation of Her Majesty's Commissioners of the International Exhibition to deliver a course of lectures on Cookery. One of the exhibits that year was Food, and it was thought this section might be made more instructive by lectures. It has long been known and regretted that the usual course of Female Education does not include any instruction in Cookery or other domestic arts ; and to this omission may be traced much discomfort and difficulty with servants among the middle classes, and bad health and intemperance among the poorer working classes. Ladies often think it beneath their dignity to know anything about a kitchen, and yet the health and happiness of every household depend more

on Cookery than on any other domestic art. Refinement and delicacy of feeling may go, and often do go, with the tenderest of all duties, in a sick-room ; and if ladies can go through the practice of a medical school, why not the work of a kitchen ?

No lady is the less a lady if she can add to her other accomplishments a knowledge of household management. How many a young woman, well educated (as the phrase goes), has commenced life with the happiest and best of prospects ; and after spending the first few months of her married life in all sorts of blunders and mistakes and unpleasant differences with her servants, has had to learn, with dear-bought experience and sorrow, those things which ought to have been learned before undertaking the duties and responsibilities of married life. Much ignorance also exists on the Chemistry and Physiology of Food. I have referred to this subject in two of my lectures, because I believe a knowledge of what constitutes a good Food quite as important as properly cooking it. Good cooking is frequently confounded with

expensive cooking ; but the cheap, simple dinner of a poor family may be made more wholesome and digestible by careful cooking, which is often more a matter of trouble than expense. Every dish, simple as it may be, should be well cooked and served with its own proper flavour and individuality. In the purchase of Food, as of Wine, Dress, Furniture, Carriages, and Jewellery, every person must be the best judge of what he can afford. In reading over a recipe, consider what the materials will cost, and whether the price will accord with your other arrangements.

My idea of a Cookery Book is, that it should teach, as far as a book can teach, the theory and practice of Cookery ; and I begin to see what a field of national usefulness is open for those who have the desire and intelligence to cultivate it. No domestic art requires so much caution, thought, intelligence, judgment, and taste as good cooking. The art must not be judged by those who practise it, but by what it would be under the care of educated women. Perfection is only to be obtained by reflection and practice, and not by the slavish following of recipes.

If Cookery were an exact science, then weights, quantities, temperatures, and time could be given ; and until the art becomes more dependent on careful observation and experiment, much must be left to the judgment of the cook.

There has been progress from our fingers to steel forks, and from steel forks to silver forks and spoons ; but there has not been progress in the same degree in our cooking. In some things a retrogression has taken place. Except the set dinner-party, which is often an opportunity for waste and extravagance, there is no such thing as regular, comfortable, inviting meals in the houses of the middle classes. Cookery is not an art to tempt men to gluttony, it is the art of making every scrap of food yield the greatest amount of pleasure and nourishment of which it is capable ; and this, as I have so often repeated, does not depend so much on what you spend as how you cook. The dinner of the working man may be, and often is, of odd scraps ; but it may be so cooked as to be tender, savoury, and even turned into delicate morsels.

I do not profess impossibilities, but every-

thing used for food should be as good and as perfect as possible after its kind. The bacon dumpling of a labourer should, in its way, be as perfect in its flavour and digestibility as a fricassee of chicken. In cooking the simplest thing, perfection should be the idea, although that perfection may not be possible.

I have never insisted on soups and stews as the chief diet of the labouring classes. I have urged their importance as the only easy method for obtaining the full nutritive value of all the materials, because everything in a soup or stew is eaten, and their food-value will depend on the nature of the materials; but whatever their value, the stomach must have the benefit.

These lectures are an abridgment of some of those that were delivered, and I have reluctantly yielded to repeated applications from all parts of the country to publish them.

Many things will be found in these lectures which have no direct reference to the subject; but as my lectures were frequently attended by the same persons, I was anxious to avoid repetition, and this often led me to the consideration

of analogous questions, when the bare explanation of recipes and processes would have been tedious and uninteresting.

I now submit this work to the public with the hope that it may be found useful in awakening an interest in perfect cooking.

I do not lay claim to much originality. Many of the recipes were published by the Committee of the Cookery School ; for others I am indebted to the works of Gouffe, to Mrs. Harrison, of the Cookery School, who has revised many of the recipes, and to other persons. I must also express my indebtedness to several papers and periodicals ; and I shall be glad of any additional recipes or corrections, the result of personal practice.

ST. JOHN'S HILL, WANDSWORTH, S.W.,

Nov. 2, 1874.

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BUCKMASTER'S COOKERY.

LECTURE I.

“ Whether ye eat or drink, do all to the glory of God.”

EARLY ENGLISH FOOD AND COOKING.

|| MAN has been described as an animal that makes a fire, but there must be some civilization before he can do so ; and to manage it for cooking his food shows great progress in the arts of domestic life. The history of cooking (which I shall not attempt) is the history of our manners and our civilization. The food of monkeys was probably the early food of man. Fruits, seeds, and roots were ground to pieces by the teeth, so that the saliva could act upon them and prepare them for the stomach where they were raised to the temperature necessary for digestion, and afterwards converted into blood to repair the wastes of the body. In imitation of nature man bruised or ground his food between stones called querns ; with a more advanced civilization these stones were moved by natural forces—such as water ; and with the paste or dough formed by mixing the meal with water he prepared an unleavened cake, which was baked in live ashes or in an oven. This was probably the earliest kind of cooking.

The Ancient Britons lived chiefly on coarsely-bruised barley mixed with milk. Sheep were unknown; meat was not much used, and was generally eaten raw. Hares, geese, and fowls were prohibited as food by the Druids. At this early period of our history there was nothing which deserved the name of cooking. With the occupation of the Romans, houses, baths, roads, bridges, and temples were constructed, and for three centuries Britain was the centre of Roman civilization and luxury, which, however, left no permanent influence on the domestic life of the country they occupied. A Roman banquet was a marvel of gastronomic genius. Lampreys fattened on human flesh, a pig half boiled and half roasted, stuffed with small birds, and so skilfully managed that it was impossible to detect the line which separated the parts, peacocks' brains simmered in wine, nightingales' tongues, snail broth, and parrots with onion sauce, were favourite dishes.

“Old Lucullus, they say,
Forty cooks had each day,
And Vitellius's meals cost a million.”

Cooking in its purest and best sense is not a device to make men eat *more* than is good for them. This is the abuse of an art which has its origin in the necessities of man. In his lowest civilized condition he must either cook his food or perish; his wants stimulate his faculties—he must do something to live, and it is this constant conflict with adverse circumstances that develops his intellect and gives him a power over nature. He soon learns that cooking makes his food more palatable and more digestible.

With the mission of S. Augustine a great change took place. The art of Agriculture, the earliest of civilized arts, was cultivated with attention. Wheat, barley, and rye were sown in the spring. Ploughs, harrows, rakes, sickles, and flails for thrashing soon were invented, and continued in use till within the last half century with little change or improvement. The chief meat of the Anglo-Saxon was pork, and the swineherd was a necessary servant in every homestead. In autumn he used to drive the pigs into the woods and forests (which were very large and numerous) to fatten on roots, sweet chestnuts, beech-nuts, and acorns. Fish, fowls, venison, cabbages, eggs, and salted porpoises were also eaten. The cooking of the Anglo-Saxon was an improvement on that of the Ancient Briton; he had also a greater variety of food; and boiling and making broth or soups was a popular kind of cooking, although baking and roasting were sometimes practised. The chief cooking utensil was an earthenware pot or pipkin which would stand the fire, and into this pot were put herbs and such vegetables as they could obtain, with bones and pieces of meat; these were simmered over the ashes of a wood fire, and in this way they prepared a stew or soup analogous to hotchpotch, or the *pot au feu* of the French. Mud huts, with dirt floors and a fire in the centre, were often the residence of Saxon kings. In the halls of the nobility an oak board was placed on tressels and removed after meals. On great occasions it was covered with a cloth richly embroidered. The chief food of the common people consisted of broth, barley bread, with milk, butter, eggs, and cheese. Green vege-

tables and beans were also used. The wealthy lived on wheaten bread, game, eels, fowls, pork, venison; and the servants were called loaf-eaters. Knives were in general use, but forks were unknown. After dinner followed the dessert, which consisted chiefly of wine, honey, and wild fruits. Beer, mead, and mulberry juice flavoured with spices were their principal drinks, although French wines were not unknown. Minstrels entertained the company with vocal and instrumental music. Eating and drinking often degenerated into gluttony and drunkenness; and the feast not unfrequently terminated in quarrels.

The principal meal of the Anglo-Saxon was dinner, and this was at eight o'clock in the morning, and supper at five in the afternoon. In 1109, we find at a banquet given by one of the nobles that three sorts of broth, meat roasted and boiled, sturgeon, lobsters, eels, oysters, plaice, and horseflesh were eaten; and the bread was made with rye-meal and barley-meal in the form of cakes marked with a cross, and were eaten hot. The poorer classes had abundance but no great variety; and their cooking was chiefly baking in live ashes, or boiling; but hospitality even among the poorest was taught and inculcated as a Christian virtue. Every stranger or wayfarer who presented himself at the door of an Anglo-Saxon house, was boarded and lodged for two days without question, except priests, who were only entertained for one night; if they remained for a longer period it was evident they were neglecting their duties. In this rude period of our history the Saxon woman was a noble example of every virtue—a good housewife, and the companion and comforter of her

husband and children. Her occupations were spinning, weaving, cooking, baking, brewing, and needle-work ; and her embroidery was known on the continent as "Fine English work."

During the twelfth and thirteenth centuries the office of cook was one of much distinction and importance. The old English families of the Cokes or Cooks sprang from professional cooks, and no one need be ashamed of the names of Butler, Brewer, or Baker, because they have their origin in trade. William the Conqueror bestowed portions of land on his master kitcheners. Thus we find it stated that "Robert Argyllon holdeth a piece of land in Addington, in Surrey, by the service of making one mess in an earthen pot in the kitchen of our lord the king, on the day of his coronation, which mess is a kind of plum porridge or water gruel, with plums stoned into it." This dish was served up at the royal table by the lord of the manor of Addington at the coronation of George IV., and probably at the coronation of subsequent sovereigns. The kitchens of the aristocracy were large, well ventilated, and well furnished with everything necessary for cooking. In a list of the utensils of a bishop's kitchen in 1262, we have the following—"A strong table for chopping and mincing herbs and vegetables ; pots of brass and copper of divers sizes for divers uses ; trivets, tripods, and axe for chopping bones ; a mortar and pestle, a mover, a pot-stick for stirring, divers crooks and pot-hooks, two large cauldrons, a frying-pan, two saucepans, a large dish (pewter), two large platters (pewter), a vessel for mixing sauces, a hand-mill for pepper, an instrument

for reducing bread to crumbs." The monks of St. Swithin, we find, made a formal complaint to the king that the abbot had ordered the withdrawal of three out of the fourteen courses usually served at dinner. Fourteen courses at dinner show a very advanced cooking. The clergy, both regular and secular, kept excellent tables, and were given to hospitality—no one was turned from the door without a meal. A Venetian gentleman who visited England in 1500, says "the English are great epicures, and by nature very avaricious; they indulge in the most delicate fare themselves, but give their household broth, coarse bread and beer, and cold baked meat, which, however, they allow them in great abundance." The monks of Canterbury, except on special days and seasons set apart by the church, had seventeen courses daily, besides dessert, dressed with all sorts of flavours and sauces which pleased the taste. The entertainments given to the poor by the nobles and prelates at Christmas, Easter, and Whitsuntide diffused a taste and desire among all classes for good living. Men do not proceed from rude habits of life except by contact with a higher civilization. The barons imitated what they had seen in the palace, and the humbler classes, so far as they were able, imitated the example of the barons. Then, as now, only in a more powerful degree, the aristocracy influenced the life and habits of other classes, but the rapid development of a moneyocracy has broken the chain, and I doubt if the food of the agricultural labourer is so abundant or so well-cooked as it was in the early part of the reign of Henry VIII., when almost every peasant had his pig or cow, with plenty

of milk, and right of common. Our civilization and progress in wealth have not done much for us, so long as we have a single family, for no fault of theirs, without the means of purchasing food or the knowledge necessary to cook it. On special occasions, about three or four times in the year, the poor, to the number of hundreds and even thousands, were invited to partake of the hospitality of the baron; and when there was no room at the table the hall was littered with clean straw or rushes, and in spring and summer was decorated with green boughs and flowers. With their backs against the wall and a pewter platter or a wooden trencher on their knees, the people ate in gratitude and thankfulness their food. These hospitalities, associated with religion, and often given from religious motives by religious bodies, were the civilizing influences of a rude age.

Before the Reformation the people of England were celebrated for good living, hospitality, and abundance of food. The roast beef and plum pudding of old England, which are our standard national dishes, are as old as the hills.

“ For what are your soups and your sauces,
Compared to the beef of old England ?
And, oh ! the old English roast beef ! ”

The Saxon peasant lived on cabbages, fish, cheese, butter, soup, pork, rye bread and milk ; the barons and ecclesiastics on roast beef, venison, game, fish, soups of the most varied kind, and meat bathed in delicious sauces, and wines. In the early part of the sixteenth century English cooking was the best

cooking in the world. With the Reformation a great change took place in the domestic life of the people. Vegetables, soups, and fish, which for two days in the week had been their chief food, were regarded as a popish custom; and the making of soup and the cooking of fish gradually fell into disuse. We know, however, that

“The monks of Chertsey made good broth
On Fridays when they fasted.”

Large establishments were broken up; cooks opened inns and hotels; the art of cooking gradually declined; and in the reign of James II. it had fallen to its lowest depth. It revived again in the reign of Anne, and in the time of George I. Since that time it has gradually declined, but while the fire on the domestic hearth still flickers, we hope to enlist, in these efforts to promote good cookery, the best sympathies of thoughtful Englishwomen. In the reign of Louis XV. French cooking attained perfection under the *cordons bleus*. But English cooking is capable of a far greater development than French cooking, because we have a greater variety and better food, and we are fortunate in this school in having a greater patron than Louis XV. What is now called cooking in the houses of the humbler middle and the working classes, is little better than that of the Ancient Britons. In many of our public restaurants, hotels, and railway stations the greasy messes served up as soups, the stuff called coffee, the oxidised pieces of cold meat under yellow gauze, the pyramids of sausage rolls, the skin and gristle between slices of bread and mustard called

sandwiches, and the wedges of pork pies, are sufficient to indicate the paucity of our resources and the barbarous condition to which we have fallen. We hope by this school of cookery to awaken an interest in good cooking. We can teach you *how* to make your food wholesome, palatable, and digestible. How much misery, and indigestion, and bad temper, arise from bad cooking! There is no civilized art so well calculated, however, to quicken the best faculties of a woman. Cooking in its perfection becomes an experimental science, an intellectual exercise of the highest order; and if cooking had ever been studied as a science and practised as an art, if it had ever been taught as a necessary part of a woman's education, it would never have fallen to its present condition, nor would we have, as is now too often the case, a girl incapable of cooking a potatoe, or boiling an egg, engaged as a cook. In a disputed will case, one of the witnesses kept saying he knew the testator was a man of sound mind, and that he led a godly and pious life. The judge asked, "What do you mean by a man leading a godly and pious life?" "Please your lordship, he spent most of his time and money in teaching the poor to make cheap soup." It would be a good thing for all who lead, or who think they lead a godly and pious life, if they were able "by precept and by example," to teach the poor how properly to perform the common duties of life.

LECTURE II.

“ Fools who sow farthings and expect to reap guineas.”

“ The greatest good of the greatest number is a measure of Right and Wrong.”

HOUSES OF THE WORKING CLASSES—KITCHENS —OPEN FIRE GRATES—KITCHENERS—GAS STOVES—KITCHEN UTENSILS—FIRES AND FUEL.

It is very important that every family in every condition of life should possess the means of comfort and of health ; a sufficiency of plain wholesome food and neatness of dress ; and the man who has these blessings is not a poor man. There can be no such a thing as contented or happy hunger. A clean comfortable home, a few wild flowers on the table, and wholesome well-cooked food, are great helps to happiness and moral progress. But among a badly fed and badly housed people there will always be a craving for gin and beer and tobacco, and a low condition of morality. A family living in a dismal house, in a wretched alley, upon which the sun never shines—open, perhaps, to the rain and snow—breathe the stinking air of a crowded court or back-yard ; and strive to satisfy their hunger two or three times a-day on unsavoury and badly cooked food. Alas ! the

father of such a family, and perhaps the mother, too often find their way to the nearest public-house, and there obtain a temporary forgetfulness of their misery. Beer and tobacco take the place of wholesome food. But I know how difficult it is to cook or do anything with the grates and appliances usually found in the houses of the poor. Their only resources are a dirty frying-pan during the week ; and sage and onions and a baker's oven on Sunday.

Houses for the working classes have generally been built by speculating builders, who take land at heavy ground-rents, and crowd together on the smallest area the largest number of houses. These are generally mortgaged before they are finished, and to meet the interest of money the builders must exact high rents, and if these fail the speculators pass through the chrysalis condition of bankruptcy, and come out with larger ideas on bricks and mortar and "beautiful for ever." We live in an age of lath and plaster and stucco. Make your houses look grand outside ; crowd into every room a family at three shillings a week ; try and escape all rates or compound for them at 50 per cent. below other persons ; cover the scamping brick-work with plaster and whitewash ; and sell as quickly as possible to somebody who wants houses either for occupation or investment : and this is called an enterprising policy. I cannot find language strong enough to express my disgust and contempt for men who try to make 20 per cent. out of dwellings for the labouring classes ; men who have made the outskirts of this metropolis as ugly as possible ; who have chopped down thousands of trees without ever planting

one ; who have run up dreary rows of houses with narrow streets, and at every corner erected a beer-shop, which rapidly develops into a public-house ; such enterprisers are among the worst enemies of the working classes. No one can ever reproach me with any affection for these men ; they are not my affinity ; and I have denounced them over and over again in the parish vestry, which is chiefly made up of enterprisers and publicans, until they all hate me. With improved dwellings for the working classes, such as I see on the Shaftesbury estate, I hope we shall have improved arrangements for warming and cooking, with plenty of pure air and water. Science has not yet produced a good economic fireplace suitable for the homes of the working classes. You do not want a large kitchen or large range ; the French cook in a very small space ; but you do want a fireplace which costs more than 7*s.* 6*d.*, at which a woman can cook without being suffocated with smoke, or the grate falling into the room. One of the greatest comforts in a house is a good well-ventilated and well-lighted kitchen, with a good range and a good-tempered cook.

Kitchens in large towns are mostly underground, next door to the coal-cellar. Kitchens, if possible, should be on the same level with the dining-room and well lighted from the roof, or so lighted that the light falls full on the surface of the saucepans and stewpans. Cooks now have to work half their time by gaslight, which is always a disadvantage ; and where the gas is not convenient, a lucifer match or a piece of lighted paper or a candle is used to see how things

are progressing; and the ashes and drops of tallow not unfrequently fall into the saucepan. In the construction of a house architects think too little of the arrangements of the kitchen; but it would be much better if they would occasionally consult the opinion of a cook. In this school most of our cooking has been done by gas; and I am often asked, What would you recommend? It is not my business to recommend anything. We have the old-fashioned *open range*, the *closed range* or *kitchener*, of which there are several varieties, *gas stoves* and *charcoal stoves*.

Gas Stoves are very cleanly and are always ready for use; ladies can cook at them without inconvenience; and when no open fire is required they are a great comfort; they should always be fitted up, however, with a layer of white tiles round the edges. But if a constant fire is required gas becomes costly, especially where it is used for heating a regular supply of water. On the whole, a gas stove is not desirable as the only apparatus for cooking in moderate sized families.

Open Fire Ranges are more suited to English habits; we like to see the fire and we must roast our meat. A more thorough ventilation is obtained with an open range, which, moreover, is more healthy than a gas stove; and if you supplement the open range with a gas stove or charcoal stove, then you have all that is necessary.

Kitcheners or Closed Ranges are, perhaps, the most convenient for middle class houses, because they are adapted to a greater variety of work and are safe against downfalls of soot, and the saucepans and

stewpans are not blackened with smoke. The hot-plate top is a great advantage, but a closed range makes the kitchen very hot, and if anything boils over there is not sufficient ventilation to carry off the smell which finds its way all over the house. The kitcheners are rather complicated in their construction, and therefore require more intelligence in their management. Some are of opinion that roasting can be done quite as well in the roaster of a kitchener as before an open fire, but I believe in constantly basting meat, which cannot be done conveniently in an oven.

Utensils.—The following list is very complete, and I have mentioned many things which are not required in a small house. Each person must be the best judge of what he really requires and what he can afford. If you purchase ever so few things let them be good ; there is no saving, but rather waste, in buying cheap kitchen utensils. Cheap knives made of soft iron ; a saw made of tin-plate ; imperfectly tinned or enamelled saucepans ; skewers made of soft wire ; clocks that won't keep time ; scales which give you no idea of weight ; common tin instead of blocked tin—avoid all such : they have a bad moral influence on the cook, and if the better articles cost a few shillings more, make the sacrifice ; you will be amply repaid in the comfort you have in their use ; and with care they will last a life-time. I should like to see porcelain saucepans and stewpans more used. When ladies make cooking fashionable we shall have many elegant things introduced ; for there is no reason why a saucepan should not be beautiful as well as useful ; and

working with beautiful things will give us beautiful ideas and associations.

LIST OF UTENSILS.*

	£	s.	d.
A clock	3	0	0
Weights and scales	1	4	0
A thermometer in wire cage to measure up to 500°		
A bain-marie	6	10	0
Three kitchen knives	0	12	0
One onion knife	0	2	0
A meat cleaver	0	4	0
A meat saw	0	4	0
A box of cutters for patties and pastry	0	4	0
A box of cutters for vegetables	0	4	0
A pestle and mortar nine or ten inches in diameter	0	17	6
A tin sugar dredger	0	1	4
A rolling-pin	0	3	0
Two paste boards	0	8	6
Eight white basins, various	0	8	0
Six dishes	0	10	0
A set of skewers	0	0	6
Two trussing needles	0	2	3
A mincing knife	0	2	3
A set of larding needles	0	8	6
A purée presser	0	1	0
Two tinned wire sieves	0	8	6
Three horse-hair sieves	0	4	6
One tammy sieve	0	2	0
One colander eight inches in diameter	0	2	3
One five inches in diameter	0	1	9
Two colanders four and six inches in diameter, with very fine perforations ; these may some- times be used instead of tammy cloth	0	4	0

* Messrs. Benham & Sons, of Wigmore-street, have kindly affixed the prices to most of these articles, but they are liable to fluctuation. They are neither the cheapest nor the dearest, but such as can be recommended.

	£	s.	d.
Nine wooden spoons, various	0	3	6
One pointed gravy and sauce strainer	0	1	9
Two gridirons	0	7	6
One frying-pan eight inches in diameter	0	6	0
One frying-pan, six inches in diameter, to be kept for omelettes	0	4	6
A frying kettle, nine inches by six inches, and five inches deep, with frying basket	0	13	0
One thirteen inches by ten inches, four inches deep, handles at either end, and frying basket or drainer	0	15	6
Two baking sheets, one six inches, the other ten inches in diameter	0	4	6
One egg bowl and whisk	0	17	6
One fish kettle, twenty-two inches by seven inches, with drainer	1	10	0
Two large metal spoons	0	2	6
A soup ladle	0	2	3
Two skimmers	0	3	6
Two cylinder moulds for jellies and creams	1	2	0
Two plain moulds, for Charlottes and rice cakes	0	9	0
One pie mould, selected according to convenience		
A border mould	0	12	0
Three open tart moulds	0	3	4
Six oval tin dishes, various, for gratins	0	13	6
A sheet iron cover, with edges turned up about two and a-half inches, so that live coals may be placed on the top to brown gratins, &c.	0	3	6
A slice for boiled meat and vegetables	0	3	6
Eight or ten stewpans (various) with covers		
Two saucepans with covers	1	1	0
One brazing pan, twelve inches by eight inches, seven inches deep		
A two gallon stock pot	1	13	0
A one gallon stock pot	1	8	0
Five wooden triangles for standing saucepans on	0	9	0
A flour-dredger	0	1	0
A quart, pint, half pint, and gill measure	0	3	9
Two tin funnels	0	1	2

	£	s.	d.
Three iron saucepans for vegetables	1	8	0
A lemon squeezer	0	2	0

Lighting a fire.—Fuel has now become a very expensive article in every household, and the proper management of a fire should be the constant consideration of the cook. To light a fire, begin by placing a few cinders at the bottom of the grate, then take some crumpled-up paper, a letter, carpenter's shavings, or light dry brushwood, then a few dry sticks loosely across each other, then some of the largest cinders, then a few pieces of nobbly coal about the size of a tennis-ball, and finish with a few pieces nicely placed between the bars. Light the fire in two or three places at the bottom with a lucifer or lighted paper. A servant who uses a candle is wasteful and untidy. When the fire is well lighted place some larger pieces of coal and cinders at the back, and always put on the coal either with your hands, for which you may keep an old glove, or a shovel; never throw them on from the scuttle. All the small coal, cinders, and refuse place on the top, and in a few minutes you will have a good fire; and by a good fire is not meant a wasteful and extravagant fire, but one suitable for its purpose. How often are fires allowed to blaze and waste away when there is nothing to cook, and then suffered to go nearly out, when wood is used to make it draw up. A steady uniform fire may by attention be kept up with less fuel than one constantly stirred and going out. Always make the best use of the fire when it is burning; your labour will be lightened by timely forethought. When a

family sits round the cottage fire in the evening, why not think about to-morrow's dinner; the same fire will warm you and prepare your food, and this applies especially to soups, broths, and stews; these in the family of a working man cannot be over-estimated. No fire can burn without a supply of air; if your cinders and coal are closely packed, the fire will neither light easily nor burn freely. The heat of the fire causes a current of air, which mostly passes through the lower part of the fire, and it is for this reason that a fire should always be stirred from the bottom. Remember always (even when you are cooking) to keep your fireplace and every thing about it clean and tidy, and while the fire is burning up and the kettle boiling, you can do many little things about the kitchen. Never be idle, and be not ignorant of anything in a great or small matter.

If you want a clear fire for the gridiron place a few cinders at the top, and sprinkle the fire with a little salt.

Charcoal was once largely manufactured and used in this country for cooking; and in some of the old kitchens charcoal is still used; it has the recommendation of great heat without flame, which is almost impossible with coal in an open fire. On the Continent charcoal is still extensively used for cooking purposes; and for braises, preserves, and stews there is nothing better.

Coal for cooking purposes is cheaper than charcoal, and almost all the cooking operations of a charcoal stove can now be performed by a carefully regulated hot-plate or gas-stove, and unless you have good ven-

tilation, the fumes from burning charcoal are dangerous; but where gas cannot be obtained, a charcoal-stove will be found a very useful addition to the open range.

The Economy of Close and Open Ranges.—This, like most other things, depends on management. If a cook were taught, as she ought to be taught, the elementary principles of heat and the construction of ranges, she would be able to manage her range more economically. How often have I seen cooks throw on the fire more coal when there was already too much. If a closed range be used, as only an educated scientific cook can use it, it is economical, when you remember the variety of work you can do with it. But if a cook does or will not understand the use of the dampers, and the fire is frequently and freely stirred, then a kitchener becomes a furnace, and is much more oppressive than an open range.

LECTURE III.

“ Soup makes the soldier.”—*Napoleon I.*

“ You cannot feed soldiers on soups made out of nothing.”—
Napoleon III.

ON STOCK SOUPS AND POT AU FEU.

SOUP is generally the first thing served at dinner, and when other dishes are to follow, it should never be of a heavy, satisfying character ; as a rule, our soups are too rich. But if a soup is to be the only thing, as is frequently the case with the poorer classes, it should be of a nourishing character, and when no meat or meat-stock has been used, it may be improved with milk or thickened with maccaroni, pea meal, Indian meal, pearl barley, or oatmeal, and in this way all the conditions of a cheap wholesome food may be prepared. “ The greatest heroes of antiquity,” says Sir John Sinclair, “ lived on broth. The liquor in which mutton or venison was boiled thickened with oatmeal and flavoured with wild herbs formed the morning and evening meal in the hall of the Highland Chief. Soups made without meat or a meat-stock are called vegetable or meagre soups ; they are, however, generally thickened and improved by the addition of yolk of egg and milk, called a liason. All meat soups may be regarded as a decoction in water of gelatine, ozmazone, and the flavouring of the materials used in their preparation.

STOCK.

Stock is the foundation of all meat soups, sauces, and purées. It is to a cook what oil is to an oil painter ; it is the life and soul of all domestic cooking, and has its origin in the French *pot au feu*.

In preparing stock the object is to extract from the materials the best broth, and for this purpose we should have a saucepan or stock-pot of tinned iron ; this is the cheapest and best, because it can be easily cleaned, and without a clean stock-pot or saucepan both the flavour and quality of the stock are injured.

In France a glazed earthenware pipkin is commonly used in small families.

HOW TO PREPARE STOCK.

To make three quarts of good beef stock, put into a saucepan or stock-pot $1\frac{1}{2}$ lb. fresh shin of beef, $\frac{1}{2}$ lb. bones broken into pieces, with 7 pints of clean rain-water, if you have it. Let the contents come slowly to the boil, then remove all the scum by requisite skimming. The addition of a little cold water at intervals will facilitate the rising of the scum by altering the specific gravity of the water ; if the scum be not removed it will partially redissolve and spoil the clearness and flavour of the stock, and you will have the trouble of clarifying. After well skimming add the following :—

1 oz. of salt ; 1 onion, weighing 5 oz., with 2 or, at most, 3 cloves stuck in it ; 2 leeks, say 5 oz. ; half head of celery weighing $\frac{1}{2}$ oz. ; turnip cut into quarters, weighing 5 oz. ; carrot sliced, weighing 5 oz. ; parsnip sliced, weighing 1 oz. ; 1 teaspoonful of whole pepper.

The contents must now simmer at 180 to 200 degrees

for four or five hours ; then remove the fat by skimming, which can be used when cold for frying and other purposes.

Take out the meat, vegetables, and bones, and strain the stock into an earthenware vessel or large basin, and keep it in a cool place free from dust ; a piece of muslin gauze may be placed over it. Any remaining fat can be removed in a solid state when the liquor is cold. Stock soup, broth, or stew should always be kept in earthenware vessels. The vegetables should not remain longer in the stock than is necessary to properly cook them, as they afterwards absorb the flavour. In spring and summer, when vegetables are young, they cook in less time, but a stock may be and often is prepared without vegetables.

General Stock.

A stock may also be prepared from previously cooked meat and bones, but the stock will not be so good or rich in flavour as when prepared from fresh meat and bones. We never allow our children to take bones in their fingers, and after dinner the servant separates the fat, breaks up the bones, with any meat, skin, or gristle which has not been blackened by cooking, and with a few fresh bones we always have a little fair stock prepared from materials which many persons give to dogs or throw into the dust-bin. The idea which must be ever present in preparing a stock or soup is absolute freedom from fat. Spare no pains in skimming, and a little kitchen-paper or blotting-paper laid on the surface will remove sparks of fat which evade the spoon.

Caramel.

It is sometimes desirable that stock should be of a bright golden colour, although it is no better on that account. The point to remember in colouring is not to alter the flavour of the stock or soup; burnt onions or carrots should never be used; they impart a disagreeable taste. The only proper colouring substance is *caramel* or burnt sugar, which may be prepared as follows:—

Take a clean stewpan or saucepan and put in $\frac{1}{2}$ lb. of pounded loaf sugar, and constantly stir it over the fire with a wooden spoon. When the sugar is thoroughly melted, let it come to the boiling point, and then boil slowly for fifteen minutes, with occasional stirring. When the sugar is of a dark-brown colour add 1 quart of cold water, then boil for twenty minutes on the side of the fire. Let it cool; then strain it, and keep it in clean well-stoppered bottles, and it is ready for use.

Caramel should be of a dark-brown colour; if it boil too quickly it will become black, and will spoil the colour and flavour of the broth.

When you use caramel put it into the soup tureen just before serving.

White Stock.

This stock is used for white soups. Take three pounds of knuckle or leg of veal, cut it up and break the bones; then add a slice of lean ham, and one pound of gravy beef. The white flesh of poultry or the fillets of a fowl will be a valuable addition, although not necessary. Butter the inside of a three-quart stewpan, slice one onion, and place it at

the bottom on the meat, and bones on it, moisten with a little water or stock, and simmer for one hour ; then add three pints of water, three small carrots sliced, one leek, half head of celery, $\frac{1}{2}$ oz. of salt, six white peppercorns, and a small bunch of fine herbs. Skim frequently, and let the whole simmer for five hours ; then strain through a horsehair sieve into an earthenware vessel, and the stock is ready for use.

To clarify Soups.

Take the white and clean shell of an egg for every quart of soup ; crush the shell in' a mortar, and mix the shell and white of egg with a $\frac{1}{4}$ pint of cold water.

Whisk the mixture well, and then add about as much of the boiling soup, still beating up all together. Pour the mixture to the remainder of the stock in the saucepan, still stirring briskly till the whole comes to the boiling point. Remove from the fire, and let the stock remain ten minutes or till the white of the egg or albumen separates ; then strain carefully, and the broth is clarified. The albumen and egg-shells entangle the small solid particles floating in the soup. If care be taken in the preparation of a stock or soup it will not often require clarifying.

To preserve Broth or Stock.

The first thing is to remove all the fat ; then strain carefully into an earthenware vessel, and keep it in a cool place ; a light gauze may be thrown over it.

In winter the stock will keep three or four days, but in summer it must be looked at every morning, or it is liable to ferment, and this can only be prevented by again boiling.

Purées.

The *purée* of any vegetable or meat is prepared by simmering till the substance is sufficiently pulpy or soft to be passed through a horsehair or tammy sieve. In the case of meat it is sometimes necessary to beat in a pestle and mortar after simmering. The sieve is placed bottom upwards over a dish or tin, and with a wooden spoon or *purée*-presser the substance is worked through, and what passes through is called a *purée*. It is sometimes necessary to moisten with a little liquor, which facilitates the passing of the *purée*. The *purée* of any vegetable stirred into a clear beef stock makes a soup and gives it its characteristic name.

The use of Butter for Soups.

Butter required for soups should be added at two different times, except in preparing a Julienne soup.

The first butter goes to fry the vegetables and adds little or nothing to the flavour. But, just before serving, two or three small pieces of butter in the tureen are a very acceptable addition ; the butter should only be melted, for if boiled it loses its flavour and freshness. The addition of cold butter to soups and sauces is sometimes called a *liaison* of butter. A less quantity of butter is required for sweating vegetables than for frying or browning them.

Liaisons.

1. *Liaisons* are methods for thickening soups. One *liaison* is prepared by mixing flour with water, or milk, or broth. Mix the flour smooth with one of the above liquids, strain through a pointed strainer into the soup, continually stirring with the other hand. The proper

way to mix a *liaison* is to add some of the soup to it, thoroughly mix, and then add all to the soup.

2. Take the yolk or yolks only of eggs, say the yolk of one egg for one pint of soup; separate the white or albumen from the yolk by pouring backwards and forwards, put the yolks into a basin, beat up with a little powdered loaf sugar (if none has been used with the soup), a small piece of butter, add a quarter pint of cream or half a pint of milk for each yolk; when thoroughly mixed, add a little soup and stir; remove your soup from the fire, and then stir in the *liaison* with wooden spoon. But never allow your soups to go on the fire after adding the *liaison*.

A Bouquet garni.

A faggot of herbs, is constantly referred to in cooking, and is a mixture of parsley, thyme, and bay-leaf, and sometimes marjoram, rosemary, and a clove of garlic; these are tied into a bunch, and are used for seasoning. Wash the parsley, and arrange the other herbs so that they are enclosed within the parsley. The ends of the parsley should be folded over to more effectually enclose the herbs, and then tied round with string. A small handful of parsley, weighing say one ounce, one-sixteenth in weight of thyme, the same weight of bay-leaves, the same weight of marjoram, and, if used, one clove only of garlic, constitute an ordinary *bouquet garni*, or faggot of herbs. For a small *bouquet garni* use half the quantity; for a large, double the quantity.

Dried herbs.

These should always be to hand, and are best

prepared in the following way: Gather the herbs just before flowering, and dry them quickly in an oven or before a screen, and pick out all the stalks. Gouffe recommends the following preparations:—quarter ounce of thyme, one-eighth ounce of marjoram, quarter ounce of bay-leaf, one-eighth ounce of rosemary. These are to be pounded in a mortar, with half ounce of nutmeg, quarter ounce of whole pepper, half ounce of cloves, one-eighth ounce of cayenne pepper, and passed through a hair sieve, and kept in a dry place in a well stoppered bottle. In these proportions a good seasoning is secured. The proportion for mixing with salt is one ounce of the mixture with four ounces of dry salt.

In addition to the usual flavourings, the following should be to hand: white vinegar, Tarragon vinegar (which you can make yourself), vanilla, garlic, orange-flower water, chillies, mixed pickles, and olive oil.

GENERAL INSTRUCTIONS.

I have been advised to mention the ingredients at the head of every recipe, but I have not thought it desirable to give either the price or the time required for cooking, because these must vary with circumstances; nor have I thought it necessary to give such ingredients as bread, water, pepper, salt, butter, flour, sugar, and such things as are to hand in every kitchen. Before cooking, arrange all your things as nearly as possible in order; no time is lost with this preliminary arrangement, it saves a good many steps; and as soon as you have finished with an article put it out of your way; this will save overcrowding, or perhaps in the middle

of your cooking you will have to leave off to make room for your work. I have referred to the proper management of a fire in Lecture II. Wash your hands, clean your nails, and read over slowly and thoughtfully the recipe. If you cannot understand it in all its details, perhaps it will be better to substitute one which you do understand. No two cooks work exactly to the same recipe, nor is it desirable with persons who think about what they are doing. There are some recipes more difficult than a proposition in Euclid; and, as a rule, I do not advise resorting to recipes in which the cook feels doubtful. Rain water is best for all cooking purposes—but it will sometimes be necessary to filter it. About half a pint of soup may be calculated for each person. Thick glutinous soups and sauces require constant stirring, and always use wooden spoons. A small teaspoonful of powdered loaf-sugar may be added to all vegetable soups, and green vegetables. Good oil may often be used instead of butter, or with butter, especially with lentils, beans, and peas. In the use of butter or dripping remember a less quantity is required for sweating than frying or browning vegetables.

In seasoning, be careful with vegetables, herbs and spices remarkable for strong flavours.

Chervil, Tarragon and garlic, must be used with caution. Strain your soups twice if necessary, and avoid as much as possible the use of ground pepper. Salt, when meat is being cooked, is best added towards the end, as its tendency is to harden the meat. Consider whether the things you propose to cook are in season, and readily obtained; so arrange your work that you have everything ready when it is wanted. Let every-

thing be done at its proper time, and nothing wasted ; keep everything in its place and use everything properly. A convenient time should be selected for trying new recipes, but not when there is a dinner party. Let us begin with the *Pot au Feu*.

This is both an economical and wholesome dish, and is well suited either to a large or small family. Beef broth is the best of broth for all cooking purposes, and no trouble must be spared in preparing it. We commenced in this school with the *pot au feu* ; it is the standard dish of all classes in France ; and the origin of beef stock. As a rule, you cannot prepare a more wholesome or hearty kind of food than by soups and stews ; it is the only kind of cooking by which you obtain the full value of all your materials, and it is not only the most wholesome, but it is the cheapest and most profitable form by which food can be prepared for working people. What a blessing if the labouring poor only knew how to turn little scraps of meat and vegetables into good food by making soups and stews. A French peasant would live comfortably on what English people throw into the gutter.

POT AU FEU AND BOUILLI.

Ingredients.

Beef.	Leek.	Parsnips.
Bones.	Carrots.	Turnips.
Onions.	Celery.	Bouquet garni.

Take a piece of fresh beef, weighing 6 lbs., and about a pound of bones ; tie up the meat neatly with string or tape, and put all into a six-quart saucepan ; then fill it up with sufficient rain-water to cover well

the meat and bones, and set it over the fire. Remove carefully the scum which will rise as the water warms ; do not allow it to boil. Add at intervals cold water in small quantities ; this will have the effect of checking the ebullition, and will help the scum to rise. When the scum is all removed, put in about an ounce of salt, a teaspoonful of whole pepper and allspice, one onion stuck with three cloves, one leek, and three carrots of average size, cut in two-inch lengths, two turnips of average size, each cut in four, and a *bouquet garni*. The above vegetables should not be put in all at once, but at short intervals, so as to keep the contents at the same temperature, which may now be skimmed for the last time, and placed by the side of the fire to simmer gently for three or four hours. According to the season, all or some of the following vegetables may be added : a small head of celery, cut in two-inch lengths, and a couple of parsnips. At the time of serving, strain the broth, and skim off all the fat ; then add a small teaspoonful of pounded loaf-sugar. Make the broth boiling hot, and pour it into the soup tureen over small slices of toasted bread, adding, according to taste, a portion of the vegetables cut into thin slices. Remove the string or tape, serve the meat, and garnish with mashed potatoes, spinach, or other vegetables in season. Pepper and salt should be carefully used, they can be added to suit the taste after the soup is ready.

Precautions.—Remove all the scum and fat ; fresh vegetables, and not to boil.

GREEN PEA SOUP.

Ingredients.

Green Peas.

Lettuce.

Onion.

Spinach.

Stock.

Mint.

Take a peck of peas. When shelled this will give you about a quart, but, whatever the quantity, divide into two equal parts, then shred finely one lettuce, one onion, or a dozen spring onions, and, if convenient, twelve leaves of spinach. Take a clean three-quart stewpan or saucepan, and melt two ounces of butter ; add your vegetables and one part of the peas, a sprig of mint, and a small teaspoonful of salt, and a gill of stock ; let these stew gently in the vapour of the butter with constant stirring till the vegetables are sufficiently soft to pulp or pass through a sieve. Place your sieve bottom upwards over a dish, pass the vegetables through a sieve by gently working with a wooden spoon ; by this process all the tough, stringy parts of the vegetables will be separated. Add the pulp (that which has passed through the sieve) to two quarts of clear stock, a teaspoonful of whole pepper, a teaspoonful of pounded loaf-sugar, and a little more salt, if necessary. Bring it to the boil, skim, if necessary, and put it aside to simmer. This part is now ready. Take the remaining part of the peas and turn them into a saucepan of boiling water, with plenty of salt, and a small lump (size of a nut) of loaf-sugar ; let them boil gently till done. Drain them through a colander and add to the soup, then serve with sippets of bread. Some cooks add a little chopped mint. The spinach gives a greener colour to the soup.

Precautions.—Fresh shelled peas, sweet butter, clean stewpans, good stock, constant stirring of the vegetables while stewing in the butter to prevent burning, are essential.

GREEN PEA PURÉE SOUP.

Ingredients.

Green Peas. Onion. Carrot. Stock.

1. Take a three-quart stewpan and boil three pints of green peas in plenty of salt and water, with one carrot and one onion. When the peas are sufficiently soft take out the carrot and onion; drain through a colander, and pass the peas through a tammy sieve; return the *purée* to the stewpan, and add two quarts of stock, a small teaspoonful of pounded loaf-sugar, and stir till it just comes to the boil. Stand it aside to simmer.

WITH RICE.

2. Boil four ounces of rice (see recipe for boiling rice); when done, put into a soup tureen; skim the soup, put half an ounce of sweet butter into the tureen, pour over the soup and stir till it is thoroughly melted, and serve. If the colour is too pale a few leaves of spinach passed through a fine sieve may be added. The rice for this soup is all the better if boiled with a little butter.

Precautions.—It is important to have fresh peas, and constant stirring till it comes to the boil.

GREEN PEA SOUP WITHOUT STOCK.

Ingredients.

Green Peas.

Proceed in precisely the same way as in the preceding recipe, using the water in which the peas have been boiled instead of stock.

Precautions.—Be sure to have fresh shelled peas, a clean stewpan, and carefully-boiled rice.

LENTIL SOUP (1),

Ingredients.

Small lentils.	Carrot.	Onion,
Bouquet garni.	Celery.	Stock,

Purchase three pints of lentils *à la reine*. There are two kinds—the small (*à la reine*) and the larger variety. The small are the better for making into a *purée*. Wash the lentils in two waters ; then put them into a clean four-quart stewpan, and add three quarts of water (clean rain water if you have it) a *bouquet garni*, one onion, size of tennis ball, with two cloves stuck in it, two or three leaves of celery, one carrot $\frac{1}{4}$ lb. Bring to the boil, skim if necessary, and let them simmer till the lentils are soft. Remove the *bouquet garni*, the onion, and carrot. Drain through a colander. Pound the lentils in a mortar and pass them through a sieve. Return the *purée* to the stewpan with two quarts of stock, continually stirring till it comes to the boil. Let it simmer for one hour with the lid only partly over. Cut up a small bunch of green celery leaves ; boil them in water, or better, in a little stock ; drain them through a colander, season, skim the soup ; put the celery into the soup tureen, pour the soup over, and serve.

Precautions.—Have good lentils, and good stock ; stirring to prevent burning, and not too much celery, or carrot.

LENTIL SOUP (2).

Ingredients.

Yellow lentils. Carrot. Onion. Celery.

Take a pint of yellow lentils, wash them in lukewarm-water—the bad ones float—put them in a stewpan with three pints of water, a small onion, one ounce, a sprig of celery, a quarter of an ounce, half a small carrot, one ounce, and a quarter of an ounce of salt. Boil: then allow the whole to simmer till the lentils are cooked (which you can ascertain by pressing one between the fingers, when it should bruise easily). To accelerate the cooking, pour in every half-hour a quarter of a tumbler of cold water, starting the boiling again after adding the cold water. (It was formerly usual to soak dry vegetables for *purées* for twenty-four hours, but the addition of cold water whilst boiling often renders this operation unnecessary.) The lentils being well done, drain them in a colander; reserve the liquor. Pass the lentils through a wire sieve on to a dish placed underneath to receive the *purée*. Moisten now and then, if necessary, with some of the liquor to facilitate the passing of the *purée*. When done, put the *purée* in a stewpan and add as much of the liquor as is required for the soup. Boil and simmer for half an hour, stirring with a wooden spoon. Put half an ounce of sliced bread in the soup tureen, and add half an ounce of fresh butter. Pour in the soup, stirring to melt the butter.

Precautions.—Be careful in selection of lentils, and see they are well cooked before making the *purée*.

LENTIL SOUP (3).

Ingredients.

Lentils.	Onion.	Salad oil.
Bouquet garni.	Rice.	Spinach.

Take a three-quart saucepan and put into it two quarts of warm water, half a pint of lentils, one onion with two cloves stuck into it, a *bouquet garni*, and a gill of good salad oil, or two ounces of butter. Let them come to the boil, and simmer for two hours, add two ounces of rice or pearl barley, and a pound of spinach blanched and chopped up. Let these boil together till well cooked, season before serving with pepper and salt.

Precautions.—This soup is thick, and requires almost constant stirring. It is very nourishing.

HARICOT BEAN SOUP.

Ingredients.

Haricot beans.	Bacon.	Onions.
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Boil a pint of haricot beans ; when half done, strain off the water and set them on with fresh boiling water, but in a smaller quantity ; add one onion stuck with two cloves, a piece of bacon, weighing half a pound ; add black pepper and salt to taste. Let the whole boil till the beans and bacon are cooked.

Precautions.—Have good beans and bacon, not too salt.

PEA SOUP.

Ingredients.

Peas. Spanish onion. Dripping. Dried herbs.

Take half a pound of good split peas, wash them in several waters, and let them soak all night in a pint of water. In the morning put two ounces of good butter or sweet dripping into a saucepan ; when it is melted add the peas, well drained from the water, with a lump of sugar the size of a walnut ; stir the peas frequently, and as they begin to thicken add from time to time a little water (half teacupful); when they have been on the fire about an hour add a Spanish onion, or two or three common ones, shredded very finely, half a teaspoonful of dried herbs, and half a teaspoonful of dried mint. Let all boil gently for two hours longer, add water as it thickens, and stir frequently to prevent burning, then rub through a coarse sieve, return the pulp to the saucepan with a quart of good stock, add salt and pepper to taste, let it boil five minutes, and the soup is ready.

This soup may be made with mutton broth, or with the liquor in which beef has been boiled, if not too salt. Then the water may be omitted and the broth used instead. If the soup is required to be very thick, use one pound of peas instead of half a pound.

Precautions.—This soup will require frequent stirring.

SCOTCH BROTH.

Ingredients.

Neck of Mutton.	Onions.	Leeks.	Parsley.
Scotch barley.	Turnips.	Carrots.	

Take a neck of mutton, and trim it as for cutlets, remove eight of the chops and put them aside on a dish. Put the remaining part of the neck into a three-quart saucepan with two quarts of cold water, with a little pepper and salt, and two onions, one with two cloves. When the water comes to the boil skim, add altogether half a pint of the following vegetables, made up of about equal quantities, carrots, turnips, leeks, and onions, cut up into quarter inch dice. Simmer for three hours. Blanch two ounces of Scotch barley, and finish cooking it in water with a little butter and salt. Put the chops into another stewpan, with some of the broth or stock, and nicely cook them. Drain the barley, and put it into the tureen with the chops. Remove the neck of mutton on to a dish, pour over it the broth, add a dessertspoonful of coarsely chopped parsley previously blanched, and serve.

Precautions.—Do not boil after adding the vegetables.

MUTTON BROTH.

Ingredients.

Scrag of mutton.	Scotch barley.	Turnip.
Parsley.	Onion.	

Take two pounds of scrag of mutton, and put it into a large basin, cover with cold water and a little salt to remove the blood, let it remain one hour. Then put it into a stewpan, with two quarts of water, with either one ounce of Scotch barley or rice or

oatmeal according to taste, and one onion. Let it come to the boil slowly, skim, and add two or three turnips cut into quarters. Let the contents simmer for two hours. A little chopped parsley or petals of marigolds are sometimes added; season with salt, strain into the tureen, and serve. For sick persons this broth should be prepared without any vegetable flavour, and should be carefully freed from fat.

Precautions.—This broth should be prepared slowly, and not too strong with turnip.

BRABANT BROTH.

Ingredients.

White stock.	Spinach.	Sorrel.
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Put two quarts of good white stock into a clean three-quart saucepan, a handful of coarsely shredded spinach and a few leaves of sorrel, let these stew in the stock till tender, with a little pepper and salt and a small teaspoonful of sugar. Take a pint of cream or milk and beat it up with the yolks of four eggs, and just before serving mix the *liaison* with the soup.

Precautions.—Be careful with the sorrel, the acid flavour is sometimes objectionable.

JULIENNE SOUP (1).

Ingredients.

Carrots.	Turnips.	Onion.	Leeks.
Celery.	Chervil.	Sorrel.	

Take carrots (three ounces), turnips (three ounces) onion (one ounce), leeks (one ounce), celery (half ounce)—shred in small strips about one and a quarter inches long, melt one ounce and a half of good butter in a stewpan, and add the shredded

vegetables; fry to a nice brown colour, add three pints and a half of stock, and leave it to boil at one corner of the fire. When the vegetables are cooked, skim, put in a few leaves of sorrel, and a sprig of chervil, chopped finely, add a little powdered loaf-sugar, and serve in a soup tureen after having put in several crusts of bread cut up in small pieces.

Precautions.—Wash and dry the vegetables before shredding.

JULIENNE SOUP 2).

Ingredients.

Carrots.	Turnips.	Onions.
Leeks.	Sorrel.	Celery.
Chervil.		

This soup can be made all the year except in the months of January, February, and March, when the vegetables are too stringy to make a good Julienne.

Shred into small fillets one carrot, one turnip, one onion, a leek, and half head of celery, mince a little sorrel and chervil, and put these on a plate by themselves; melt an ounce and half of butter in a saucepan or stewpan, then add the shredded vegetables to stew in the butter till they are of a nice golden colour. Then add two pints of stock and leave it to boil; when the vegetables are cooked, skim the contents to remove any fat. A Julienne soup should be clear and transparent. When skimmed, add the minced sorrel and chervil and a little pounded loaf-sugar, and serve with small crusts of bread.

Precautions.—In this soup, use only the red portion of the carrot, and well dry the vegetables before frying.

SOUP FROM REMNANTS OF JOINTS.

Ingredients.

Bones.

Carrots.

Turnips.

Bouquet garni.

Onions.

After all the meat available for a hash has been cut away from a leg of mutton, break the bones into pieces, the addition of a pound or two of fresh bones will be desirable, put them into a three-quart saucepan with two carrots and two turnips cut in quarters, and two whole onions, and a *bouquet garni*. Nearly fill the saucepan with water, add three cloves, a full tablespoonful of whole pepper and allspice in equal parts, and salt to taste. Set the saucepan on the fire, and let the contents simmer for four hours. Strain the broth, free it from fat, and use it as stock for any kind of thick soup. Pass through a hair sieve the carrots and one of the onions; melt an ounce of butter in a two-quart saucepan, and stir in a tablespoonful of flour. When the two are well mixed add a little of the stock, then the carrot and onion pulp, and gradually the remainder of the stock, or so much as will produce a *purée* of the consistency of pea soup. Pour it boiling hot over small dice of toasted or fried bread.

Precautions.—Take care that the soup is not too strongly flavoured with the vegetables.

CHANTILLY SOUP.

Ingredients.

Green peas.

Parsley.

Onions.

Cucumber.

Mint.

Put into a two-quart stewpan one pint and a half of green peas, a small bunch of parsley, and a small bunch

of mint with two finely-shredded onions (two and a half inches in diameter), and a small cucumber, peeled and cut into thin slices, add sufficient water to cover the vegetables, and boil with a teaspoonful of pounded loaf-sugar till they are soft enough to pass through a tammy sieve. Strain over a colander and make a *purée* of the vegetables. Stir the *purée* into three or four pints of stock, but do not boil after adding it or you will spoil the colour of the soup.

Precautions.—A proper mixture of the vegetables so as to agreeably blend the flavours.

BONNE FEMME SOUP.

Ingredients.

Lettuce. Onion. Chervil. Cucumber. Sorrel.

Shred finely a small handful of sorrel, four lettuces, one onion, two and a half inches in diameter, a sprig of chervil, and one moderate cucumber sliced. Place the vegetables, *except the chervil*, in a two-quart stewpan with one and a half ounces of butter, and a little flour. Simmer and stir for about ten minutes over a quiet fire.

Put into a large basin a full tablespoonful of flour, add three pints of white stock, and thoroughly mix. The liquor in which a fowl has been boiled, free from fat, will do quite well; the stock may, however, be made with beef or mutton, but the soup will not be so white. Add the soup to the contents of the stewpan, stir till it comes to the boil, then add a small teaspoonful of loaf-sugar. Skim and stand it aside to simmer for fifteen minutes. Just before serving add the chopped chervil, and a milk or cream *liaison*.

Precautions.—Do not burn, or brown, the vegetables.

SOUP MAIGRE.

*Ingredients.*Turnip.
Onion.

Carrot.

Celery.
Green peas.

Melt slowly in a clean stewpan about one half ounce of butter ; when melted add two onions, a quarter of a head of celery, a small carrot and turnips, all coarsely shredded. Let these vegetables stew in the butter for fifteen or twenty minutes until they are nicely browned, and stir frequently with a wooden spoon to prevent burning. Add three pints of boiling water, and, if at the proper season, three-quarters of a pint of green peas and six white pepper corns. When the vegetables are quite tender let the soup stand for a few minutes to clear, then strain into another stewpan. Boil up and add an onion, half head of celery, a carrot and a turnip cut into fillets, or into wheels or into stars, with a vegetable cutter. When these vegetables are sufficiently cooked, the soup is ready. If necessary, season with pepper and salt.

Precautions.—Cleanliness, tender vegetables, and good butter are essential. Stir occasionally to prevent burning.

VEGETABLE MARROW SOUP.

Ingredients.

Vegetable marrow.

Stock.

Take four young vegetable marrows, about six inches in length, the green variety is best, pare and remove the seeds, cut into small pieces of an equal size, and boil in about three pints of stock. When

sufficiently soft strain through a sieve into another stewpan, make the marrows into a *purée* and return it to the stock. Boil separately half a pint of cream and add to the soup, then thoroughly mix and serve. A milk *liaison* would be preferable to the cream.

Precautions.—Take care to remove all the seeds.

LEEK SOUP.

Ingredients.

Leeks.

French roll.

Potatoes.

Trim and wash six leeks, weighing altogether about six or seven ounces, cut them into pieces an inch long, and half an inch thick, put a little butter into a stewpan and cook till they are of a light brown colour ; add one quart of warm water, a pinch of pepper and salt, then let them come to the boil and simmer for about twenty minutes. Cut a French roll into slices a quarter of an inch thick, divide each into four parts, and put into the tureen. Prepare a milk *liaison*, add it to the scup and then serve. To convert this into a *potatoc and leek soup* add, after pepper and salt, a quarter of a pound of sliced potatoes and let the whole boil gently till the potatoes are soft enough to make into a *purée*.

Precautions.—Carefully fry the vegetables.

ONION SOUP.

Ingredients.

Onions.

Take onions, weighing say nine ounces, cut them into slices and bleach them in boiling water. Take a two-quart stewpan and melt one ounce and a half of butter, add the onions and stir till they are of a light brown

colour, then thicken with a tablespoonful of flour and stir for two or three minutes. Add three pints of boiling water, and salt and pepper to taste. Stir till it comes to the boil. Let the contents simmer for five or ten minutes. Put into the soup tureen a few slices of dried bread and about one ounce of butter. Pour the soup gently, stirring all the time to dissolve the butter.

This soup may be improved with a *liaison*. All seasoning should be added just before serving.

Precautions.—Be careful to have good onions well boiled.

SPANISH SOUP.

Ingredients.

Onions.	Spinach.	Bread raspings.
Lettuce.	Celery.	Endive.
Bouquet garni.		

Thicken two quarts of water in a three-quart stewpan with bread raspings. These may be prepared by baking in an oven odd crusts of bread to a crisp brown colour. Then reduce to powder and pass through a sieve and keep in a dry place in a dry stoppered bottle. Take four or five onions, two inches in diameter, cut each into six pieces and add them to the water and bread raspings, with a little pepper and salt, cover the saucepan closely and boil for an hour and quarter. Strain the contents into a basin or back into the saucepan. Shred a quarter head of celery, one small lettuce, half head of endive, six leaves of spinach, and a small bunch of sweet herbs; then fry in butter. Melt an ounce and a half of butter in a three-quart stewpan, stir in some flour till nicely browned,

then add the shredded vegetables; in five minutes add the soup. Boil up till they are tender, skim, and pour into a soup tureen over fingers of fried bread.

Precautions.—Be careful to dry the vegetables before frying.

SPANISH ONION SOUP.

Ingredients.

Spanish onion.

Melt in a stewpan one ounce of butter or sweet dripping, add one large Spanish onion (shredded), and one and a half ounces of wheat flour or pea flour. Stir continually for five or ten minutes, then add three pints of boiling water, a little salt and pepper, skim, and boil till the onions are thoroughly cooked. Add a milk or cream *liaison*, cut up some pieces of bread and put in the tureen, pour over the soup and serve.

Precautions.—Avoid hurry or boiling quickly, and let the onions be well cooked.

ASPARAGUS SOUP.

Ingredients.

Asparagus.

Stock.

Take a bundle of fresh green asparagus and remove all the tender parts and points. Put the points aside for the soup and plunge the other parts into boiling water, with a little salt, and let them blanch for three minutes, then drain through a colander. Take a clean three-quart stewpan and melt one ounce of butter with one ounce of flour, add the blanched asparagus and stir the contents for about five minutes. Then add

two quarts of good white stock. Simmer till the asparagus is cooked, strain into another stewpan, make a *purée* of the asparagus and return to the soup and boil steadily for fifteen or twenty minutes; skim if necessary. Boil the asparagus points in salt and water. Pour the soup into the tureen and add the asparagus points.

To make the soup much better, mix in the tureen two ounces of butter and half a pint of cream, and well stir when pouring in the soup.

Precautions.—The asparagus must not be tough or stringy.

POOR MAN'S SOUP.

Ingredients.

Potatoes.

Onions.

Parsley.

Shred three ounces of onions, and put them into a clean three-quart saucepan, with one ounce of butter or dripping or skimmings of saucepans, cook to a pale-brown colour, constantly stirring; now add one ounce of flour, and cook it for five minutes in the dripping, add three pints of boiling water and stir till it boils up, skim, add one pound of potatoes, shredded or cut into small slices, and boil till they are cooked, add pepper and salt and a dessertspoonful of chopped parsley, boil up, and pour into the tureen over half-inch squares of bread. This soup can be made very nourishing by using oatmeal or peameal instead of flour. If too thick, add a little more water. A milk *liaison* is a valuable addition to this soup.

Precautions.—See that the fat and onions do not burn or get too dark a colour.

CABBAGE AND BACON SOUP.

Ingredients.

Savoys or cabbages. Bouquet garni. Bacon.

Take two or three young summer cabbages or savoys, remove the outside leaves, wash them in plenty of salt and water, cut them across into pieces one inch in length, and remove the hard stalk. Take a pound of bacon or salt-pork, scrape it clean, and cut it down to the rind into fillets three-quarters of an inch in section, but do not cut the rind which is to hold the meat together; the fillets are easily removed with the ladle when serving the soup. Place the bacon rind downwards in a three-quart saucepan, then a muslin bag with a teaspoonful of whole pepper, or two cloves and three allspice, and a *bouquet garni*, add the cabbage, cover well with cold water, let it come to the boil, skim, and let the contents simmer till the cabbages are well cooked. Towards the end, add salt if the meat is not very salt. Serve with slices of bread in the tureen.

Precautions.—Young cabbages and bacon not too lean, are necessary.

OX-TAIL SOUP (1).

Ingredients.

Ox-tail.	Butter.	Onions.
Bouquet garni.	Carrot.	Stock.

Take two ox-tails of average size, cut them up at the joints, obtain as nearly as possible pieces of the same bulk. Put them into cold water with a little salt, and let them remain two hours to remove the blood. Drain them and dry them in a clean cloth;

put them into a three-quart stewpan with two ounces of butter, and a few pieces of lean beef, and cook till nicely browned, add two quarts of stock, one onion with two cloves stuck in it, and a *bouquet garni*. Bring to the boil, and skim and simmer for three or four hours till the tails are cooked. While the soup is simmering slice three young carrots, and cook them with fifteen button onions in a little stock. Take the pieces of tail from the soup, remove the bones, and put the meat only into the tureen with the carrots and strain, over the soup, and serve.

Precautions.—Careful cooking in the butter, and tender carrots are required.

OX-TAIL SOUP (2).

Ingredients.

Ox-tail.	Carrots.	Stock.
Onion.		Bouquet garni.

Cut up an ox-tail at the joints, and soak for two hours in water with a little salt to remove the blood, then dry the pieces in a clean cloth. Put them into a stewpan with two ounces of butter, and cook till the pieces are nicely browned, add a little flour and stir it, then strain in three pints of stock or water, tie up two small leeks, parsley, celery, two bay leaves, thyme and eschalot into a faggot, two carrots, and one onion, with three cloves, a little pepper, salt, and mace; let the whole simmer for three or four hours, skim carefully, strain, and serve.

Precautions.—Careful cooking in the butter, tender vegetables, and not too strong a flavour, are essential.

MULLIGATAWNY SOUP.

Ingredients.

Veal.	Carrot.	Onions.	Turnip.
Ham.	Apples.	Curry powder.	

Take a small knuckle of veal, cut it up, break the bones, and put it into a stewpan with one half ounce of butter, a quarter of a pound of lean ham, a small carrot and turnip, two onions, and four apples, all cut into quarters ; add half a pint of water. Set the stewpan over a brisk fire, moving the meat frequently with a wooden spoon ; let it remain until the bottom of the stewpan is covered with a brownish glaze, then add three tablespoonfuls of curry-powder, one of curry paste, and a quarter of a pound of flour : stir well in, and add four or five pints of water, a teaspoonful of salt, half a teaspoonful of sugar ; when boiling place it at the corner of the fire, and let it simmer for two hours and a half, skimming off all the fat, then pass it through a tammy into a tureen. Trim some of the pieces of veal and put them back into the stewpan to boil up, and add them to the soup, and serve with plain boiled rice, on a separate dish. Ox-tails, or pieces of rabbit, or fowl, left from a previous dinner, may be served in it instead of veal, or the pieces of veal may be prepared separately, and the soup strained over them in the tureen.

Precautions.—Have a good curry powder, and give constant attention till the water is added.

GIBLET SOUP.

Ingredients.

Giblets.

Bouquet garni.

Scald and pick very clean two sets of goose, or four of duck giblets (the fresher the better), wash them well in two or three warm waters, cut off the beaks and split the heads, divide the gizzards and necks into mouthfuls. If the gizzards are not cut into pieces, the rest of the meat will be done too much. Crack the bones of the legs, put them into a stewpan, cover them with cold water; when they boil take off the scum, then put in a bundle of herbs, such as lemon thyme, winter savory, or marjoram, about three sprigs of each, and double the quantity of parsley. Twenty berries of allspice, the same of black pepper; tie these up in a muslin bag, and stew very gently till the gizzards are tender. This will take from an hour and a half to two hours and a half, according to the size and age of the giblets. Take them up with a skimmer, put them into the tureen, and cover down close to keep warm till the soup is ready. Melt an ounce of butter in a clean stewpan, stir in a dessert-spoonful of flour; then pour to it by degrees a gill or half a pint of the giblet liquor, add the remainder by degrees; let it boil about ten minutes, stirring it all the while; skim it and strain it through a fine sieve into a basin; wash out the stewpan, then return the soup into it, and season it with a glass of wine, a little mushroom catsup, and a little salt; let it have one boil up,

and then put the giblets in to get hot, and the soup is ready.

Precautions.—Young giblets and freedom from scum are essential.

SOUP MAIGRE.

Ingredients.

Green peas.	Bouquet garni.	Bread raspings.
Sugar.	Lettuce.	Parsley.
Leek.	Celery.	

Take a three-quart saucepan, add to two quarts of water a pint and a half of green peas, a *bouquet garni*, a tablespoonful of bread raspings, a very small piece of mace, pepper and salt, three cloves, and a small teaspoonful of pounded loaf-sugar; simmer for two hours; strain into another stewpan, then add another half-pint of peas.

Fry lightly in some butter the coarsely shredded heart of one lettuce, a little chopped parsley, one leek, half-ounce of celery, add these to the soup, and let them simmer till cooked. Pour into the tureen, and serve.

Precautions.—Tender vegetables and careful frying are essential.

VEGETABLE SOUP.

Ingredients.

Onions.	Turnips.	Carrots.
A new roll.	Oatmeal.	Dried herbs.

Shred three good-sized onions, fry them to a nice brown colour in an ounce and a half of sweet dripping or butter, then put them into a saucepan with three

pints of water. Cut into small slices one large or two small turnips and the same of carrots, add them to the onions, with a pinch of dried herbs, pepper and salt. Boil gently three hours without the lid, then thicken with a spoonful of flour or oatmeal; boil ten minutes longer, and serve with pulled bread.

Precautions.—Young turnips and sweet dripping are necessary, and the onions carefully fried.

Pulled bread.—Take a new roll, pull it in half, tear out the crumb in small pieces with a fork, put them into the oven until crisp.

POTATO SOUP.

Ingredients.

Onions.

Potatoes.

Take two pounds of potatoes, after they are peeled, and cut them into thin slices, or shred them; shred six ounces of onions. Take a three-quart saucepan and melt two ounces of butter or sweet beef dripping; put in the onions, let them cook five minutes in the butter, stir occasionally, then add the potatoes and three pints of water, or milk and water, or skim-milk; when the potatoes and onions are thoroughly soft, strain through a horse-hair sieve, return the liquor to the stewpan, and pass through the vegetables; stir the *purée* into the soup, season with pepper and salt.

The addition of a milk or cream *liaison* is a great improvement.

Precautions.—Do not blacken the onions; and frequently stir before making the *purée*.

FISH SOUP.

Ingredients.

Soles. Celery. Parsley.

Skin and fillet a pair of soles, cut out of the fillets with a cutter, in pieces the size of a penny. Put the head bones and all the trimmings into a saucepan, with one quart of stock, a large handful of parsley, a piece of celery, one onion stuck with two cloves, a blade of mace, and pepper and salt to taste. Let this boil slowly from three to four hours, skim and strain the liquor, put it on the fire again, and when it boils put in the cut pieces of sole. When they are cooked take them out, put them into the soup tureen with a little chopped parsley (blanched); then strain the soup into the tureen, and serve.

Precautions.—Do not allow the pieces of fish to remain in the soup after they are cooked.

VERMICELLI SOUP.

Ingredients.

Vermicelli. Parmesan cheese. Stock.

Take three ounces of vermicelli and bleach for five minutes in boiling water with a little salt; drain in a colander, and when cold plunge it into three pints of boiling stock, skim, and let it simmer gently for ten minutes, with frequent stirring, and it is ready. Rice, tapioca, sago, and all macaroni soups are prepared in the same way. When macaroni proper is used, it should be wiped with a clean cloth, and cut into one-inch lengths before adding to the boiling stock. Some boil the vermicelli or macaroni or

pastes separately in boiling stock or water, drain, and put into the tureen, and pour over the boiling stock. Vermicelli and all *pastes* for soups are varieties of macaroni, and should be of the best quality. A plate of grated Parmesan cheese should be served with these soups.

Precautions.—Be careful not to make the vermicelli too soft by over boiling.

LECTURE IV.

MISTRESSES AND SERVANTS.

Be ye kind one to another.

He that is slothful in his work is brother to him that is a great waster.

THE false notions which have grown up about work are at the bottom of much of our social discomfort. I have often insisted in this school on the dignity of all necessary labour, and nothing but false pride would ever make a woman ashamed of being known to work. There is a perennial blessedness in the faithful performance of household duties. Do you suppose that any man in his senses thinks less of his wife because she looks well to the ways of her own household? There is no occasion to put yourselves on terms of equality with your cooks, but a more frequent friendly intercourse between mistresses and their servants would help to a better mutual understanding.

A faithful good servant is a household blessing; on her temper frequently depends your temper; if a cook, she is the guardian of your health as well as your temper, but a cook who cannot cook, who does not know or care to know, who has no love of her art, who will not learn to make the best of everything, is a destroyer of your happiness, a prodigal waster of your substance,

and the sooner you clear the house of such a nuisance the better. I have met at morning prayers servants and mistresses with bad tempers. The religion of life has to do with the common duties of life ; it is the habit of thinking and doing good things all the day long, and of being cheerful and good-natured to those who serve us ; and if kindness on the part of a mistress fails to obtain kindness in return, then the sooner you part the better. But ask yourself, has there been anything in my conduct, or wishes, or language, or treatment towards my servants unbecoming a lady and a christian ?

Perquisites, I have often spoken against. No invention of the devil has been a more fruitful source of dishonesty and of waste, and mostly among servants. The percentage of the tradesman, the sale of kitchen grease, which is often good dripping, the skimmings of saucepans, and fat meat most useful in the kitchen, ought to be discountenanced in every household. To sell fat at fourpence per pound and purchase lard at elevenpence ; to purchase egg powders and charge for eggs, is simply dishonest. Better give your cooks two or three pounds a year more, and encourage them to make the best of everything, than allow perquisites. Well may Mrs. Brown believe that the race of honest servants, like the Trilobite, is an extinct species. The maid of all work is a maid of no work ; the cook is extravagant, impudent and short tempered, the housemaid is an untidy slattern, and the lady's maid a proud time-serving minx. If a mistress when engaging a servant knew how to perform the various duties of a house, she would not have

so much trouble in obtaining a good servant, and the only way to learn these duties is to do them.

The physical exertion would be healthful; the scrubbing of a room, the use of a pestle and mortar, the wringing of a blanket, the sweeping of a carpet, and the making of bread, are the best calisthenic exercises for ladies. The physical effort called forth in the performance of these duties would be far more beneficial to health than either tatting or wool-work. You must not understand by these remarks that I am speaking against accomplishments in a lady; but of what value are these accomplishments unless they teach the elegancies and duties of domestic life. A knowledge of cooking may go, and has often gone, with the highest culture, and most delicate refinement. The most elegant and accomplished ladies at the cookery school are among the best cooks; they can clean a saucepan or they can prepare a dinner that would do no discredit to a professional cook. I wish this habit was more fashionable among the middle classes. The modern housewife often thinks it genteel to affect the most oblivious ignorance of household work; can you wonder at servants taking advantage of this ignorance, and speaking despisingly of their mistresses, as stuck up know-nothings? Now the true remedy for this state of things is the better education of all classes in the practical performance of household work, and the chief duty of every household, around which all other duties aggregate, is cooking.

I sometimes wonder how many of the young ladies one meets at places of public amusement, are able to undertake the duties of managing a house, and yet I

have read somewhere that every lady expects before she is thirty to undertake these duties. I sometimes hear them not only acknowledge their ignorance of all household work, but make a boast of it, as if nothing would so debase them in the estimation of their acquaintances, as their ability to make a loaf of bread or to prepare their husband's dinner. White hands, pretty faces, large chignons, curiously cut panniers, high-heeled boots, and an artless ignorance of the practical work of a house, may appear to a poor deluded soul of a young man rather interesting, but, alas for the man who marries such a woman, unless he also marries the Bank of England! He soon learns that this world is made up of hard rugged facts and experiences, and that the most romantic of persons must have something to eat. To sit and look at a doll will not satisfy an empty stomach, or make the pot boil, or put anything into it. The young ladies are not entirely to blame; their mothers have rather encouraged their ignorance of domestic management, but happy beyond description is the young woman, whatever her rank or station in life, who has been early taught the blessedness of household work. If mistresses were better taught, there would be little difficulty with servants, but it is hopeless to expect better instructed servants, or better behaved servants, until we have better instructed mistresses; and in dealing and speaking with domestic servants, remember that of one flesh and of one blood He made all nations. You must not interpret what I am about to say as unfavourable to orphan schools and asylums for girls. It is the practice of these institutions to send girls at sixteen or

seventeen into domestic service. Their first situation is often a place where the mistress would be all the better for doing the work herself, and whose circumstances do not admit of her acting justly towards a servant. The first situation often disgusts a girl with domestic service, and she prefers the slavery of the needle and the factory, and the freedom of the street. In large establishments everything is done by machinery. Hot and cold water, coals, cleaning, washing, drying, and even scrubbing and sweeping, are done by steam; potatoes are washed, and food is cooked, not in pounds, but tons. You might as reasonably expect a man to learn farming in a hot house, as to obtain good domestic servants (except by accident) from large establishments. The whole economy of these places is unfavourable to domestic service; a servant of all work generally begins life by wheeling for hours on the pavement a perambulator with two children, crying or sucking vigorously at the ends of india-rubber gas-tubing. Everything about her is wretched, depressing, and uncomfortable, and in a month she makes a change, till at last, if she fall no lower, she becomes the wife of a soldier or of a brick-layer's labourer, and the one room, called a home, is a den of filth and misery, and with a baby in her arms she goes into the streets to sell lucifers. I have been told by a lady of some experience that these girls generally make the worst of wives. But domestic service was once the highest ambition of girls, and would be again if we would only act a kindly part towards them, and do a little to make the poor things happy and hopeful. Almost among the earliest things

I can remember, were two clean, fresh-complexioned young women, with strong boots and straw bonnets of their own plait; they were the daughters of a small farmer in a neighbouring village, and they had come to thank my grandmother for some little kindness before they went to service. They had each a glass of mead and a piece of cake. I recollect the waggon waiting at the end of the village, and most of the people had turned out to wish them good luck and good bye. They sat behind on their little wooden boxes (made by the village wheelwright), which they opened to show my grandmother, and they looked very pretty and cheerful. The waggon, with six horses, started on its journey, and my grandmother and I walked across the meadow to meeting. I was a little boy without a mother. It was a lovely evening, the sun went down and seemed to rise again. At meeting there were only about five or six persons. We sat quietly for some time, as was the custom, and we often separated without a word, but this evening my grandmother, who was not a minister, prayed fervently that God would be a perpetual shield and protection to these two girls, who were not of our way of thinking on religious matters. Compare this with two sisters leaving Whitechapel or Lambeth for service in our time!

Domestic servants were once taken from a very different class of society. Farmers and small tradespeople used to train their daughters with a view to service, but the servants were treated more as equals and as part of the family. Now they are frequently taken from the lowest class of society. It is in these

times something for a poor girl to have a cheerful fire, a comfortable bed, a clean hearth-stone, plenty of food and decent clothing; and these, I should hope, are secured in most houses by domestic servants. In return for these, the mistress has a right to faithful service, obedience, carefulness, cleanliness, order, and a kindly interest in the welfare and happiness of the family; although a servant, there is nothing to prevent her feeling that she is one of the family. It was this feeling which kept girls in their first situations till they either married, or died old servants in the service which they entered as young women. It is sometimes said, that this cannot be done in small houses where only one or two servants are kept; but I know from experience that it is just as easy to keep servants for years in small houses as in large. I have been married twenty-three years, and I have never kept but one servant, and have never had but three, and two of them left to be married, and I believe the offer of double the wages would never have induced one of them to leave us. The great secret is to treat servants kindly, to take an interest in them, and in most instances kindness begets kindness. If you find your efforts to engage the love of your servant of no avail, then the sooner you separate the better; but, before separating, ask yourself, "is it from any fault of mine that I have failed?" Never keep a servant who feels no interest in the family, or who would not rise in the middle of the night to serve you, or who performs her daily work without a smile. I like to hear a girl sing over her work; it shows she is happy.

In dress, which is a constant source of complaint

and misery in many families, let mistresses set an example of neatness and good taste. The vulgarity of the rich people is, for the most part, far worse in its influence on society than the vulgarity of poor people. Nothing conveys a better idea of a woman's culture, whether a servant or a mistress, than the propriety and neatness of her dress.

“ Neat, trim, and tidy, there she stood,
No finery of dress,
But simple, modest, woman-like,
And pretty not the less.

“ No hoop to swing and knock about,
The firm and well-starched skirt
Sits well, and just was short enough
To clear the dust and dirt.

“ And round her pleasant, cheerful face
No vulgar colours shone;
The neat white frill and well-brushed hair
Had beauty of its own.”

If there is any tendency to vulgarity in the style or colour of the mistress's dress or bonnet, any large display of jewellery, these will be exaggerated in the servant. Teach your servants good taste in dress, not by tracts, and sermons, and fault finding, but by the more powerful example of a meek and quiet spirit; and a mistress ought to feel rather complimented than angry when her example is followed by others. The love of ornament is no doubt instinctive in a woman, and those who have had a better education should guide and direct it among those who have not had the same opportunities. A clean, neatly dressed,

cheerful servant, is a perpetual charm in every household.

The only certain method of making good servants, is to make those dependent on you respect and love you. They cannot be made by fear to fulfil your wishes, but love and respect will command anything. The subject may appear too homely and commonplace to require consideration ; it is however one of importance. We are all in some sense servants one of another ; the rich are as dependent on the poor as the poor are on the rich. There is a mutual servitude and a mutual obligation in every condition of life, and there is no sense in assuming high looks, and thinking and acting otherwise. The best servants are those who are best served ; and the goodwill and kindness which we show to others are by them accorded to us ; for it is a sin to suppose that domestic servants are by nature worse than their mistresses. We cannot have a better example of what our behaviour towards servants should be than that afforded by Boaz in his language to his reapers, when he came into the harvest field where Ruth the Moabitess was gleaning. Ruth, as we may all remember, was a young widow, living with her mother-in-law Naomi. These two came down to Bethlehem in the time of barley harvest, and Ruth went to glean in the field which belonged to Boaz. Instead of flying into a passion and uttering oaths, or indulging in coarse jokes to those working and gleaning, the address of Boaz to his servants was, "The Lord be with you !" and they answered him, "The Lord bless thee."

LECTURE V.

HASHES AND STEWS.

Better is a dinner with herbs where love is than a stalled ox and strife therewith.

If music be the food of love, play on.

HASHED mutton is the horror of most husbands, but this arises from its not being properly prepared. The first thing required is tender meat ; if the leg or shoulder of mutton be tough the hash will be tough ; but good tender mutton, with every piece which has seen the fire carefully removed, and if the hash be properly prepared, may be made a palatable inviting dish. Cold mutton, with a few sprigs of parsley and mashed potatoes, is considered by most men a sufficient justification for not coming home to dinner ; but what is good enough for the wife and children, ought to be good enough for the husband. I quite admit that the greasy messes called hashes are not very inviting to a man after a hard day's work ; but there ought to be no such thing as greasy messes, nor any place where a man can obtain a better, a cheaper, or happier dinner than with his wife and children. As for bachelors, it is not of much consequence where they dine or what they eat. The family dinner is the humanizing influence of every household. There is a freedom which

never obtains at any other time, and you get at the inner life and thoughts of your children. Sir Thomas Lawrence used to invite his sitters to dinner that he might strictly understand the natural expression of their characters. It should be the study of the wife to make the plainest food varied and attractive by good cooking, and she has a right to expect in return love from her husband and children, and a kindly interest in all the affairs of the family.

It is now some years ago, more than one likes to remember, that I had a bachelor friend ; we used to take long walks together, and discuss the affairs of the country, and put everything right. My friend was a philosopher : he used to say, " Well, I've seen so many fellows make a mess of getting married that I shall be very careful what sort of woman I marry, that is, if I should ever be fool enough to marry."

All this, and much more, my friend used to preach to me whenever an opportunity offered. We were both in the convict service, but not as convicts ; he was my senior and had a salary of about 150*l.* a-year, rising up to 250*l.* He was moved from the country to London, and for a time we were separated. In course of time I came to London, and our walks and our friendship (which was the purest and most disinterested I have ever known) were renewed ; but my friend had become a changed character. He talked of the misery of being alone in London, and he frequently spent his evenings at a house where there were two young ladies, one of whom was very accomplished. She could do something in water-colours and wool-work, could talk French, knew all about the

kings of Judah, and the march of the Ten Thousand ; and, among other accomplishments, she could sing at the Penny Readings. I reminded my friend of a verse in Ecclesiasticus, "Avoid the company of a singing woman, lest thou be overcome with her attempts." He was a little angry, but was anxious to introduce me to the other daughter, but I had given offence to the mother by a speech at the Christian Young Men's Tea-party, at which the mother and these young ladies were present. I said that half the young ladies of the present day would wonder how the apple got into the dumpling, and all the mothers and the young ladies present considered this very insulting. As all the parties are now dead, there can be no impropriety in my referring to this circumstance. My friend got married on 200*l.* a-year, and a man and his wife may live respectably and comfortably on 200*l.* a-year, if the woman knows how to cook and the family is not too large. He took a semi-detached villa, one of those ugly plaster things in which the neighbourhood of London abounds. Two months after my friend was married, he wished me to dine with him and be introduced to his wife. We met by appointment at the station and arrived at the semi-detached villa, which was like a packing-case with square holes. The hideous cast-iron railings in front, the compo steps leading to the front door ; the sixpenny knocker, painted black, with a goat's head ; the newly varnished door, cracked and split in every direction by the sun, like a map of Europe. The newly gravelled path ; the yellow marble paper and narrow passage, with the drawing-room separated from the dining-room by folding-doors, which would

neither open nor shut ; cheap ugly fireplaces, with iron sufficient to make a railway—25 per cent. was the leading idea of the man who built it. Inside and outside there was nothing but show and untruthfulness.

The drawing-room carpet was beginning to show by faint white lines the exact width of the flooring-boards. The kitchen chimney had caught cold and smoked, so we had to wait about three-quarters of an hour beyond the time appointed for dinner, which neither improved my friend's temper nor his language. I kept saying it was all right, and as we had nothing to do, waiting was of no consequence. At last the happy moment arrived. Only a plain dinner, fish and a leg of mutton ; they kept a very plain cook and a waiting-maid. I thought this rather strong on two hundred a year, but everybody must be the best judge of their own affairs. A piece of turbot came up like fish-soup, in small pieces ; it had been boiled to rags and strained over a colander, and I should never have known what kind of fish it was if I had not been told. My friend, I could see, was getting uncomfortable ; he complained about good fish being spoilt and the waste of food and so on. Then followed the leg of mutton, black all over except the ends. Attempts had been made to scrape off the black, which had removed the skin, which had been clumsily stuck on again ; it looked anything but nice. When the knife went into it off came the skin, and you could see that from about three-quarters of an inch from the outside it was as fresh and as tough as it was in the butcher's shop. My friend was bursting with anger, but his wife said, very blandly, " Cut off the outside, my dear, the remainder

will do for hash ; I am told it is all the better for not being too much done."

Then came the vegetables, cabbages and potatoes, the potatoes in a squashy condition and the cabbages raw. My friend now made use of language I had never heard him use before. His wife remonstrated with him, she threw all the blame on the servants, who had, perhaps, never seen a leg of mutton before, except in a butcher's shop. After my friend was a little more composed he said to his wife, "You ought to have seen to the cooking yourself." And now for the climax. His wife replied, "Very complimentary to know that when you married me you thought you were marrying a cook." My friend swore, it was not his habit. His wife cried and left the room, and this is how two young persons commenced their married life on two hundred a year.

We went into the garden and smoked ; my friend seemed a little comforted with his pipe. I began to feel he had made a mistake, but his was one of those natures that could not or would not be reasoned with. He gradually took to dining away from home, and spending his evenings with sporting men or at billiards, he became a gambler and a drunkard, lost his situation, and died at thirty-one in an hospital. His wife endeavoured to earn a livelihood for herself and her little child by teaching music, and after a wearisome struggle the child died, and the mother shortly followed to that place where the weary are at rest. What a misfortune that this young lady had never been taught the practical duties of domestic life, for God intended that man and wife should be happy in this world, but Pride, Pretence,

and Hypocrisy make us miserable. How to roast a leg of mutton is better than singing at Penny Readings, and for the benefit of young ladies whose mothers have neglected their education, I will endeavour to teach them how to make Hashed Mutton an attractive dish.

HASHED MUTTON.

Ingredients.

Eschalot.	Cold mutton.	Tomato sauce.
Bouquet garni.		Walnut.

Cut up neatly from a leg of mutton or other joint all the meat in pieces about the same size. Remove all the fat, skin and bone, and every piece which is burned or blackened by the fire, or the hash will have a strong disagreeable flavour. The parts not used for hash may go into the stock-pot. Melt in a quart stewpan one ounce of sweet butter, then two finely minced eschalots and a dessert-spoonful of flour, and stir for five minutes. Now add two gills of stock, salt if necessary, half a teaspoonful of whole pepper, one clove, three allspice, a bouquet garni, a teaspoonful of walnut ketchup, or half the quantity of Worcester sauce, and a tablespoonful of tomato sauce. Stir continually till the contents come to the boil, keep boiling a few minutes, then strain into another stewpan, and let the sauce cool before adding the meat or it will harden. When cold lay in the pieces of meat, place the stewpan over the fire, and let the contents gradually warm, occasionally shake the stewpan, and be careful not to let the hash boil. As soon as the meat is sufficiently warmed serve with sippets of bread fried in butter.

Precautions.—Do not allow any of the tough skin or gristle to go into the hash, and only let the meat be warmed through in the sauce.

STEWES.

Stewing is the basis of what is called made dishes. The perfection of stewing depends upon the slow process by which the cooking is accomplished; the temperature should never exceed 190°. We often fail because we are in too great a hurry; but a stew, like everything else, suffers from being over-done. No rule can be given; everything depends upon the intelligence and judgment of the cook. The lid should be removed as little as possible. An occasional shaking of the stewpan will often save the trouble of stirring. Stewing is the most economical kind of cooking; the flavour and nourishment of all the materials are secured; and if the dish be not greasy and highly seasoned, the meat is made tender, savoury, and easy of digestion.

IRISH STEW.

Ingredients.

Neck of mutton. Onions. Potatoes.

Take a neck of mutton, trim off some of the fat, and cut into as many cutlets as you have bones; shape them, and sprinkle them with pepper. Peel six moderate sized onions; and for every pound of meat take one pound of potatoes. Blanch the vegetables separately. Take a clean three-quart stewpan, and add half a pint of water or stock. Arrange a layer of potatoes at the bottom of the stewpan, then cutlets then onions; then potatoes, then cutlets, then onions;

and let the top have a good layer of potatoes. A rasher or two of bacon or ham is a valuable addition. Stew very slowly till the cutlets are done. See that there is sufficient stock or water to prevent the stew from burning. Scrag end, or inferior pieces of meat, or the remains of previously cooked meat, may be used ; and if the mutton is not very fat, add a little butter to the contents of the stewpan.

HUNTER'S PIE.

Mash the potatoes, arrange the meat and onions in an earthenware pie dish. The top of the potatoes should be covered or they will burn before the meat is cooked. The top may be glazed with white of egg, or the pie may be baked in a mould. Mashed potatoes make a good pastry for layers of meat.

Precautions.—Keep the lid very close for the Irish Stew. Some cooks make a luting of flour and water. Do not let the stew or pie be greasy.

STEWED EELS.

Ingredients.

Eels.	Bouquet garni.	Lemon peel.
Onions.		Stock.

Skin, and cut into pieces about two inches in length, two pounds of eels ; wash in salt and water, and dry in a cloth. Take a three-pint stewpan, put into it one ounce and a half of butter, one onion shredded thinly ; add a little flour, pepper, and salt, an onion with two cloves, a bay-leaf or a bouquet garni, and a piece of lemon peel ; add the pieces of eel, and fry to a nice colour, with constant stirring. Add a half pint or three gills of good stock. Stew gently till the eels are done. Take

them out, arrange on a dish, strain over the sauce and serve with toasted bread cut into triangles and arranged round the edge of the dish.

Precautions.—The stew requires constant attention, and must only simmer.

HOTCH-POTCH.

Ingredients.

Neck or scrag of mutton.	Green peas.	Onions.	Carrots.
Turnips.	Cauliflowers.		Stock.

Grate rather coarsely two young carrots, and slice three carrots, three turnips, and three onions; shred one lettuce and a bunch of parsley, altogether say a quart. Take a pint of green peas when shelled, and the sprigs of a cauliflower. Put aside half the peas in a basin. Have ready in a clean four-quart stewpan three pints of mutton stock or broth. Put in all the vegetables except the peas put aside in the basin. Have ready cutlets as for Irish stew, and put them in the stewpan. Let the contents come slowly to a boil, then add two ounces of pearl barley or rice, previously blanched in a little water or stock, and simmer till the meat is ready. Skim and season with white pepper and a small teaspoonful of pounded loaf sugar. Boil the remaining peas separately, and add them just before serving. Hotch potch should be thick.

Precautions.—Young vegetables are very necessary in preparing a good hotch-potch.

STEWED PIGEONS (1)

Ingredients.

Pigeons.	Bacon.	Mushrooms.
Butter.	Onions.	Stock.

Take three house pigeons (they are the best), draw,

pick, and singe them. Put the livers inside, and truss them with legs inside. If the pigeons are large you may divide them into halves. Take a quarter of a pound of streaky bacon, cut it into one and a half inch dice, and fry with an ounce of butter in a stewpan till of a light brown colour. Put the pigeons in the stewpan and fry till they are of a light brown colour. Then take out the bacon and pigeons and put them aside on a plate. Thicken the butter in the stewpan with flour; add a pint of stock with a few button mushrooms or ketchup. Season with pepper and salt, stir till it comes to the boil, and strain into a basin. Rinse out the stewpan with a little hot water, and put in the pigeons, breasts downwards, with the gravy and bacon and a bouquet garni; add ten button onions previously blanched and fried in a little butter to a nice brown colour. Simmer about half an hour. Take out the pigeons, put them on a dish. Bring the sauce to a boil, skim, and strain the sauce over the pigeons, and garnish with the onions, bacon, and mushrooms. Instead of onions and mushrooms garnish with green peas or French beans.

Precautions.—It will be necessary occasionally to move the pigeons in the stewpan, or they are liable to burn.

STEWED PIGEONS (2).

Ingredients.

Pigeons.	Bacon.	Stock.	Bechamel sauce.
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Proceed as already described. Cut off the heads and necks of three house pigeons, truss them, and tie round each of them a rasher of fat bacon. Put them breast downwards into a stewpan with a little rich

stock, and let them simmer till done. Keep the lid closed. Put them on a dish, and remove the string, pour some Bechamel sauce over the pigeons, and serve with French beans or other vegetables. Some cooks divide the pigeons into halves before stewing.

Precautions.—Young pigeons are necessary.

STEWED FOWLS.

Ingredients.

Fowl.	Mushrooms.	Tomatoes.
Stock.		Parsley.

Prepare and cut up at the joints a fowl or chicken. Take a six-pint stewpan, melt two ounces of butter, and fry in it for five minutes one ounce of sliced carrot, and one sliced onion, stirring with a wooden spoon. Put in the pieces of fowl, with a little pepper and salt; add two tablespoonfuls of flour, stirring so as to thoroughly mix with the butter. When mixed, add at intervals about a pint of good stock, and four ounces of picked tomatoes with the skins and seeds removed, and broken in pieces. Stir, and let it come slowly to the boil; then simmer. Now add six button mushrooms cut into slices, and a tablespoonful of chopped parsley. Let it come to the boil, simmer for ten minutes, then skim, baste, and serve.

Precautions.—Fresh tomatoes and mushrooms are essential.

STEWED RABBITS.

Ingredients.

Rabbit.	Onions.	Mushrooms.	Lemon.
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Cut up a young rabbit into small joints, and put them aside. Take a quarter of a pound of streaky bacon, and cut it into small slices. Melt in a clean

stewpan one ounce and a half of butter, or sweet dripping ; add the bacon, and when lightly fried add the pieces of rabbit, and fry to a nice brown, constantly stirring the whole with a wooden spoon. Now add a tablespoonful of flour, work it well, and add at short intervals a little water or stock, stirring all the time till the pieces are just covered, season with pepper and salt, and a small piece of lemon peel. Skim, then simmer slowly, and add a dozen button onions and six mushrooms, both previously blanched. When the rabbit is done, take it out, and arrange it on a dish. Boil the sauce, which should just coat the wooden spoon, skim, and pour it over the rabbit.

Precautions.—The rabbit must be young, and see that it does not burn or boil. The flavouring should be delicate, and the sauce free from fat.

STEWED BREAST OF VEAL.

Ingredients.

Breast of veal. Oysters. Lemon. Mushrooms.

Cut off the neck, and remove the bone from a breast of veal, and stew them for stock. Stuff the thin part of the breast with some savoury forcemeat. Secure the stuffing nicely by sewing or with skewers. Simmer for nearly two hours the veal in the stock made with the neck and bones. Take a pint of the stock for sauce, and thicken it with a little flour and a dozen oysters previously stewed, the beads removed, and cut up, six button mushrooms minced, and a dozen white peppercorns in a muslin bag. Strain the sauce hot over the veal, and garnish with slices of lemon and forcemeat balls. Cream, wine, truffles, ketchup, anchovy, are all occasionally put into this dish.

Precautions.—The stock should be made some time and allowed to cool before putting in the veal.

STEWED STEAK.

Ingredients.

Beef or rump steak. Onions. Carrots. Turnips.

Take two pounds of beefsteak, or better rumpsteak, an inch and a quarter or inch and a half in thickness, and not too fat. Beat it with the flat side of a chopper, or what is better a kreatone, which is an instrument invented by a medical man at Chester to make steaks tender, and which may be used for such purposes with advantage. Cut the steak into convenient pieces, and fry them in two ounces of butter to a nice brown on each side. Cut into thin slices two onions and two young carrots, and cut into quarter-inch dice two young turnips, or cut them into shapes with a vegetable cutter, and fry these vegetables in the same butter. Put the meat and vegetables into a clean stewpan, with half a pint or three gills of water or stock, simmer slowly till the meat is tender. When half done, turn the meat on the other side. Skim, season with a little salt and pepper, add a little ketchup or six button mushrooms, or flavour the gravy with anything you prefer. Take out the meat, thicken the gravy with a little flour, let it come to the boil, skim, pour over the steak, and serve. Garnish with green peas or French beans.

Precautions.—The steak must stew slowly, be free from fat, and not too highly seasoned.

AUSTRALIAN MEAT STEW.

Ingredients.

Australian meat.
Worcester sauce.

Onions.

Ketchup.
Stock.

Stew six onions in two ounces of butter or dripping till thoroughly done. Cut the meat across the grain into slices, about half an inch in thickness. Divide the onions into two parts, and put one part at the bottom of a clean frying-pan, season with pepper and salt, place the slices of meat on the onions, and add, if you have it, a teaspoonful of ketchup or Worcester sauce. Cover the meat with the remainder of the onions, put a saucepan lid on the frying-pan, and gently warm the meat through by putting it in the oven. Two table-spoonfuls of stock or water may be added, if necessary, to prevent the stew from being too strong. Serve with potatoes, or other vegetables.

Precautions.—Remember the meat is already cooked, and must only be warmed through.

JUGGED HARE.

Ingredients.

Beef-steak. Bacon. Bouquet garni. Bay-leaves.

Cut the hare into pieces, each about two inches in length. Place at the bottom of a stewpan, or better an earthenware jar, half a pound of beefsteak, and one or two rashers of bacon or ham, a bouquet garni, an onion with three cloves, the rind of a lemon, and a little water or stock. Give the inside of the jar a rub with a clove of garlic. Then put in the pieces of hare, and season with pepper and salt, cover very closely, if necessary, with flour and-water paste. Place the jar

in a large saucepan or copper, with water up to within two inches of the top, or in a slow oven for three hours. When ready, skim off the fat, take out the pieces of hare, thicken and further season the sauce if necessary. Arrange the pieces of hare on a dish, pour over the hot sauce, and serve.

Precautions.—Have a close-fitting lid, and a little hay or something at the bottom of the saucepan in which the jar is placed to prevent it moving over with the ebullition of the water.

MINCED VEAL.

Ingredients.

A rasher of lean ham.
White stock.

A bouquet garni.
Lemon.

Cut up with a sharp knife into small slices the remains of any cold veal; trim off all the fat, gristle, and brown parts which have seen the fire. If you have no stock, prepare a little in the following manner. Take a clean stewpan, break up the bones, add the trimmings of the veal and of any odd pieces in the larder (a slice of ham is acceptable), cover with water, and season with pepper and salt, a bouquet garni, a blade of mace, and fifteen peppercorns, a slice or two of lemonpeel (and a small sliced carrot and onion if the flavours are liked). Let these simmer for two or three hours. Strain into a basin, let the stock cool, and remove all the fat. Melt in a stewpan an ounce of butter, stir in a tablespoonful of flour, add the stock, boil, skim if necessary, and stand it aside to cool a little; then stir in the veal; let it gently simmer, just

sufficient to warm the meat through. A spoonful of cream is an acceptable addition to the mince. Serve with toasted or fried sippets of bread.

Precautions.—The careful preparation of the sauce is important, and the meat should be cut into pieces of uniform size.

HARICOT MUTTON.

Ingredients.

Neck of mutton.	Onions.	Carrots.
Pickles.	Catsup.	Turnips.

Haricot properly means French beans; it now means meat cut into chops, and stewed with vegetables. Divide three pounds of the best end of neck of mutton into chops; trim and shape them and remove the fat. Cut two onions into slices, cut three moderate-sized turnips and three carrots into fancy shapes with a vegetable cutter. Take a clean frying-pan and fry the cutlets lightly in butter over a brisk fire, but do not cook them. Fry the vegetables in the same butter for three or four minutes, but do not brown them or change their colour. Put the cutlets into a stewpan, lay the vegetables on them, and cover with stock, and let the contents come slowly to the boil. Skim off all the fat, then put aside to simmer until the chops are tender; season with pepper and salt, and finish with a tea-spoonful of mushroom or walnut ketchup, and mixed pickles finely minced. Dish the chops in a soup-dish, pour over the gravy and vegetables, and serve.

Precautions.—Freedom from fat and delicate flavouring are necessary.

STEWED ONIONS.

Ingredients.

Onions.	Eschalot.	Parsley.	Mushroom.
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Take half a dozen large onions, peel them, and cut off the tops and bottoms, but not so as to fall into pieces. Blanch them in two quarts of boiling-water for twenty minutes, drain on a colander and take out the centre of each onion and fill it with fine meat flavoured with chopped parsley, eschalot, and button mushrooms, butter the onions, put them into a stew-pan with white stock, and let them simmer over a slow fire, turn them over, and, when tender and covered with a glaze, they are ready.

Precautions.—Be careful in the selection of the onions, and let them stew gently.

STEWED VEGETABLE MARROW.

Ingredients.

Vegetable marrow.	Mignonette pepper.	Lemon.
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Take a vegetable marrow, peel, trim, and remove all the seeds. Cut it into sections like an orange, melt an ounce of butter in a six-pint saucepan, put in the pieces of marrow, season well, a little nutmeg, mignonette pepper, salt, and a small tea-spoonful of powdered loaf-sugar, add half a pint of white stock, and let the marrow boil gently for ten minutes ; when it is cooked take it out carefully and place it on a dish, mix with the sauce a small piece of butter and the juice of half a lemon, skim, taste, then pour the sauce over the marrow, and serve hot.

Precautions.—Young vegetable marrows are essential.

STEWED LENTILS AND BACON.

Ingredients.

Lentils.

Bacon.

Parsley.

Soak for three hours in cold water half a pint of lentils, put them into a saucepan with plenty of cold water, and let them boil for half an hour, then strain them over a colander. Return the lentils to the saucepan, and cover with barley-water, which is the water in which pearl barley has been boiled ; add an onion with three cloves, and a *bouquet garni*. Scrape and trim a pound of bacon or salt pork, which will be all the better if previously blanched for a few minutes. Put it in the saucepan with the lentils, and simmer till the lentils are thoroughly cooked : season with pepper and salt and a little chopped parsley. Turn the lentils on a dish, and place the bacon on them, and serve. Haricot beans will do as well as lentils.

Precautions.—The bacon or pork should not be old or coarse ; and add just sufficient water to cover.

TRIPE AND ONIONS.

Ingredients.

Tripe.

Onions.

Milk.

Tripe is usually purchased ready boiled, it should be thick, white, and fresh ; but it still requires cooking. Cut it into pieces about three inches by two inches, trim off the fat, wash it well in cold water and dry it on a clean cloth. It may be whitened like veal, chicken, or turbot, by rubbing over with lemon-juice. First blanch the tripe for five or ten minutes in water, then take some new milk, put it into a stewpan, and add

the tripe. Simmer very gently for two or three hours, stir frequently with a wooden spoon to prevent the tripe sticking or burning at the bottom of the saucepan. Boil six or eight onions, and, when done, chop them up, add to the tripe, and season with pepper and salt and a small teaspoonful of pounded loaf-sugar. Two dessert spoonfuls of flour may be stirred into the milk to thicken it, a quarter of an hour before serving.

Tripe may be boiled in plain water, and served with onion sauce and mustard, or it may be boiled in veal stock with fresh beef bones, or baked in milk and served with onion sauce, or, after it is boiled, it may be dipped in batter, and fried for five minutes in butter with finely minced eschalots to a golden-brown colour.

Precautions.—It is necessary that the tripe should be fresh and slowly simmered, with frequent attention.

STEWED KIDNEYS.

Ingredients.

Kidneys	Thyme	Mushrooms.
Lemon.	Parsley.	Butter.
Stock.		

Skin half a dozen kidneys, and remove all the fat. Cut them across into slices the thickness of a penny. Mince a small eschalot, two mushrooms, and a little thyme finely, and use double the quantity of minced parsley. Sprinkle the sliced kidneys with the mixture and a little salt and pepper, with just the smallest sprinkle of cayenne. Melt two ounces of butter in a clean stewpan, and fry the kidneys to a brown colour, first on one side then the other. Thicken with a

little flour, and finish with a gill or half a pint of hot stock or gravy, and a squeeze of lemon. Let it come to the boil, skim if necessary, and serve with sippets of fried bread.

Precautions.—The kidneys are not to be opened but cut into slices across, and be careful not to fry them too much before adding the flour and stock.

STEWED CHEESE.

Ingredients.

Cheese.	Eggs.	Ale or chablis.
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Cut into thin slices half a pound of good Gloucester or Cheddar cheese. Take a clean quart stewpan and put in the cheese with a little old ale or chablis, and stir over the fire till it is melted, beat up the yolks only of two eggs and a small teaspoonful of dry mustard and a very little cayenne; stir for two minutes over the fire, and serve very hot with toasted or fried sippets of bread. The top may be browned with a hot iron or salamander, or in front of a brisk fire. Sometimes the cheese is spread over toast and served.

Precautions.—Do not let it burn, and if the cheese is not very rich add a little butter or salad oil; serve hot; and be careful with the cayenne.

BEEF A LA MODE.

Ingredients.

Flank of beef.	Calf's feet.	Stock.	Bacon.
Bouquet garni.	Carrots.	Onion.	Garlic.

This is a very popular dish, and, if nicely prepared, is one which never fails to give satisfaction.

Take five pounds of thick flank of beef, and two

slices of fat bacon half an inch in thickness. Remove the rind, and cut the bacon into strips of half an inch; this will give you pieces half an inch in section; sprinkle the strips of bacon with pepper; lard the beef in the direction of its grain, and tie it up. Place it in a stewpan, with three pints of stock, the rind of bacon, and two calf's feet, all previously blanched, and the feet boned.

Proceed exactly as for the pot au feu, add a teaspoonful of salt, let it come gradually to the boil, and skim; then add four small carrots, one onion with three cloves stuck in it, a bouquet garni with a clove of garlic, and a little pepper. Close the stewpan tightly, and simmer slowly for four hours.

When the beef is done take it out, with the calf's feet and carrots, and put aside to keep hot. Remove all the fat, and strain the liquor through a pointed strainer into another stewpan, reduce it over a brisk fire for half an hour. Remove the string, place the beef on a dish, and garnish with carrots and calf's feet. Pour over the reduced liquor, and serve. If required cold, put it into a basin, or earthenware mould, with the calf's feet, vegetables, and liquor, which will gelatinize into a solid mass. When cold it can be turned on to a dish.

Precautions.—The gravy should be thick and gelatinous, and cooking very slowly is necessary.

LECTURE VI.

Blood is the life and strength of all flesh.

When thou hast eaten and art full, then thou shalt bless the Lord thy God.

ON THE FUNCTION OF FOOD.—FEEDING CHILDREN.—
THE LIVING BODY CONSIDERED AS A MACHINE.

THE body is repaired and maintained from day to day by food, and by food we mean that kind of aliment, no matter by what name it may be called, which, by digestion, is converted into healthy blood, and capable of producing the most perfect physical power. In adult life, where the waste and gain are equal, the body remains at the same weight,—and this is the condition of health. In childhood and youth the supply must be in excess of the waste, because you have to build up the future man, and the body daily increases in weight. This is a period of the greatest importance as regards proper food. The growth of the whole body is the growth of its several parts, and from the food the materials are furnished out of which each part is formed. The body must be daily supplied with such substances as may be changed into tissue like that which it has to repair, because the stomach has no power to create anything or to change one kind of food into another kind. In old age the waste increases on the supply, and the

body slowly falls into decay. The particles of the tissues change more rapidly in youth, and this probably explains why young meat is more tender than old, and why any excess in youth is more easily cast off. The principal daily requirements of the body are the repair of tissue and the maintenance of temperature. Every vital action produces heat, and these actions must continue throughout life.

Where the food is insufficient, and where there has been no storing of fat or nitrogen, the body falls into weakness and disease, and this is the natural tendency of all underfed or improperly-fed people; and with persons imperfectly nourished there is generally a low state of morality. Half the applications for hospitals and dispensaries come from persons who want food, and one cannot fail to be struck with the pale attenuated appearance of labourers who are undersized, twisted, and doubled up, and worn out before persons well fed and in comfortable circumstances begin to feel the influence of years. In all our large towns the same thing is observable. The declining physical power of the labouring poor is a matter of regret, and as a natural result opium-eating, smoking, and drinking are, in many localities, on the increase. Pure air, physical exercise, temperance, and a sufficiency of plain wholesome food are the conditions of health and happiness laid down by a higher authority than a parish vestry. The best offering you can make the poor is to instruct them in the art of cooking, and teach them what constitutes food: and the most fitting memorial of God's goodness is the provident and careful use of the blessings which He has provided.

It is very important that every poor woman should know how to spend her money on what is really worth the money, and to make what she purchases go as far as possible by good cooking. I want them to know that from vegetables alone a wholesome, economic, and nourishing diet may often be prepared. Why are Haricot beans, peas, lentils, oatmeal, macaroni, Indian meal, and rice, not more used? It is because people are ignorant of the value of these foods, and the art of making them savoury by cooking has yet to be learnt. As a rule, children, not only of the poorer classes, but of the middle classes, are often underfed, and many of their ailments arise from a debility of constitution, brought about by under or improper feeding; and to give strength, quinine, cod-liver oil, port wine, and other stimulants are given instead of food.

The diet of children should be a breakfast, with cocoa, milk, macaroni, porridge, or eggs; a dinner of meat, vegetables, and pudding; a substantial supper, like the breakfast, with cocoa or milk. This is the dietary of health, a diet capable, with pure air and exercise, of making a strong body and a strong mind, and a diet which will often improve weakly children and protect them against many diseases. There is no period of life when more food is required than in childhood and youth. The hard-working labourer does not exhaust a greater quantity of nutritious food than a strong, healthy, growing boy of twelve or fourteen years of age.

If it be admitted that from the food the body is continually built up and kept in health, how can it be expected if the food be insufficient, or, from its nature,

incapable of making healthy blood, that we can have anything but a weak race of men and women always complaining of ill-health. The stomach has often to work and waste its power on a mass of useless material.

Masters of schools and parents should not measure the appetites of children by their own wants. A morbid condition of the skin, ringworm, and debility of constitution in children are often traceable to imperfect nourishment. Where there is an insufficiency of food, or, what is the same thing, improper food, the vital functions go on and the body lives on itself; and this explains in some degree the frequent occurrence of consumption in rapidly growing and ill-fed youths. The intellectual culture and progress of a boy depend very much on physical power. In looking over the advertisements of boarding schools it is a matter of regret that a substantial diet is not sufficiently recognised. I do not undervalue the importance of light, cleanliness, physical exercise, temperance, and pure air and good water; but all these are unavailing without abundance of wholesome well-cooked food. As this question is very important, let us now consider it a little more in detail.

Waste.—All substances when in action, or in contact with moving bodies, lose a portion of their material, and undergo a process of wear or waste.

The mountain-tops are gradually lowered; the hardest rock is slowly reduced; our ships, our houses, our machinery, our tools, our clothes, and all implements of domestic use, gradually yield to the destructive agency of this process of wear and waste. A carpenter's plane, and even iron tools, are frequently

worn into holes by the continued friction of the thumb and fingers. Soft solids, especially those containing liquids, waste more readily than hard ones.

The living body is chiefly made up of soft solids and liquids ; it is always in a state of greater or less mechanical activity, and is the seat of continuous and varied chemical action. When powerful mechanical, chemical, and vital activities are combined, this process of waste is greatly increased, and it is supposed that the entire substance of the body is changed in the course of two or three years ; and it has been further calculated that a quantity of material equal to the entire weight of the body is carried away every forty days, so that the greater part of our body is renewed in that time.

Starvation proves Waste.—If food be entirely withheld from an adult he gradually loses weight, becoming thinner, lighter, and feebler, until he has lost about forty per cent., or two-fifths of his entire weight, when death usually takes place. Death generally occurs in from ten to twenty days, and is very rarely delayed beyond fourteen days. In one or two cases, however, it has not occurred till the twenty-third day after deprivation from food. If an average adult human being be insufficiently fed, he will lose bulk and weight, but in this instance much more slowly than when the deprivation from food is entire. When the bodily loss has amounted to about forty per cent., which is about the limit consistent with life, death takes place, and the body becomes subject to the ordinary processes of decay.

Rate of Waste.—Various attempts have been made

to ascertain the rate of waste in the human body by calculations founded on the amount of the daily *egesta*, or substances thrown out of the body. The daily *egesta* consist chiefly of carbonic acid gas, about two pounds; water, about six pounds; urea, about 480 grains; salts, 485 grains; in addition to the *fæces*, which consist chiefly of the undigested residue of badly-cooked food.

These *egesta* are partly derived from the disintegration and oxidation or combustion of the waste tissues, and partly from the oxidation of the food. It has been calculated that about one and a half pound of the carbonic acid gas, about three-fifths of a pound of the water, and about 240 grains of the urea are derived from the disintegration and combustion of the tissues of the body itself, more especially of the muscular and fatty tissues, the rest being derived from the food, including drink, daily ingested.

The following table, from Brinton, indicates more elaborately the estimated amount of daily bodily waste according to the researches of Valentine and others. The typical man, on whom the calculations are supposed to be based, represents a healthy male, thirty-five years old, five feet six inches in height, and ten stones in weight. It must, however, be understood that the quantities given are simply approximative, and must vary with constitution, temperature, mental and bodily activity, state of health, and the general condition of the atmosphere:—

TABLE OF DAILY BODILY WASTE.

		gr.
Carbonic acid	.	14,000
Water (8,400 of which are formed by combustion)		42,000
Urea (including carbonate of ammonia, 20 grs.?)		480
Other organic constituents of the urine: namely, uric acid (8), kreatinin (7), kreatine ($4\frac{1}{2}$), lactic and hippuric acids (indeterminate), together about		20
Salts	{ by the skin . 80 ,, faeces . 50 ,, urine . 700 }	830
Total		57,330

The carbonic acid and water of the 57,330 grains of daily matter egested are partially made up of the 14,570 grains of oxygen daily absorbed by the lungs and skin in the process of respiration. If we deduct from the 57,330 grains of egesta the 14,570 grains of absorbed oxygen, the remainder, 42,760 grains (about six pounds), will show the quantity of food daily required to support the system.

Annual Change of Bodily Substance.—During the course of one year the body consumes about twenty times its own weight of food and oxygen. It receives about 800 pounds of solid food, about 1,500 lbs. of liquids, and about 800 lbs. of oxygen, which is principally absorbed through the lungs in the process of breathing. The total weight of substances consumed by the body during one year, therefore, amounts to upwards of 3,000 pounds, or about a ton and a half.

The living organism wastes because of the mechanical, chemical, and vital actions to which it is subject.

The mechanical actions are produced through the

agency of the voluntary and involuntary muscles, the bones, and the ligaments. Every time we move our arm, or wink our eye, a portion of the muscle is destroyed, and requires to be repaired or restored by the process of nutrition. All mental action is performed through the agency of the brain and nervous system, and every time we think, or see an object, or hear a sound, a portion of the brain and nerve of sight or of hearing is destroyed, and ceases to exist as brain or nerve. No animal can continue to exist if its body falls below a certain temperature. A process of slow combustion, or burning, is continually progressing in its substance, by which the animal heat is sustained and the bodily weight is diminished. The liquids of the body also suffer loss by evaporation and respiration.

Continual loss is also sustained in the various processes of solution, circulation, and the chemical changes incurred in the processes of digestion and secretion.

Waste is in proportion to Exertion.—Increase of bodily or mental exertion produces increased waste. The bricklayer's labourer or the navy renews his muscular, osseous, and fatty tissues much more rapidly than the student, and, as a consequence, enjoys a better appetite, possesses a more vigorous digestion, and consumes a much greater quantity of food. During his pedestrian summer tour the quantities of carbonic acid, water, urea, and salts eliminated from the body of the student, professional man, or clerk, are greatly increased, sometimes even doubled; the quantity of food taken being correspondingly increased.

In this way are developed that increase of appetite and vigour, and that consciousness of high health, which go far to counteract the debilitating tendency of all sedentary employments. Again, the brain and nervous system of the student, being much more active than those of the navy, suffer a much more rapid process of disintegration and repair, and are more frequently and entirely renewed than those of the navy. In cases of excessive mental labour, or study, also in certain cases of mania and insanity, it has been observed that the quantity of salts, especially the phosphates, eliminated in the urine, is greatly increased. The phosphorus in the phosphates is, in this case, derived from the destruction of the brain and nervous tissues; the great increase of the phosphates proving the greatly increased rate of disintegration of brain and nerve consequent on the excessive brain labour.

The living body has been compared to a machine performing a certain amount of work, the work being greater the greater the amount of coal or other fuel consumed. In the economy of the living body the expenditure of force is directly proportioned to the oxidation, combustion, or metamorphosis of the food and tissues. This principle is very adequately expressed in the alliterative, "Food is force."

In the working of the steam-engine the real agent is the heat. The boiler, cylinder, piston, crank, and wheels may all be complete,—nay, there may be coals and water,—but the machine is motionless; there is no dynamic or moving force. The amount of work done is directly proportioned to the heat developed

and applied ; but the heat developed depends on the metamorphosis the coal undergoes in the process of combustion, or, in other words, on the quantity of coal burnt. It is easy to calculate the mechanical power of the steam-engine by the quantity of the heat evolved and applied ; and it is very easy to calculate the quantity and intensity of the heat evolved by determining the quantity of fuel of a given chemical composition consumed in a given time. Dr. Joule, of Manchester, has determined, after many years of able and laborious experiment, that the quantity of heat which will raise the temperature of one pound of water one degree, measured on the centigrade thermometer, will, if applied mechanically, raise 1392 pounds avoirdupois one foot high.

This quantity of heat has therefore been taken as the mechanical unit of heat, and by means of it we are enabled to determine the mechanical equivalent, or moving power of any degree of heat. It has been determined by experiment that during combustion one pound of carbon evolves as much heat as would raise 8000 pounds of water one degree in temperature. $8000 \times 1392 = 11,136,000$ pounds, or the number of pounds avoirdupois that may be raised through one foot of space by the mechanical force evolved in the combustion of one pound of carbon. Again, it has been determined that the heat evolved during the combustion of one pound of hydrogen—that is, by its chemical union with the necessary quantity of oxygen, transmuted into mechanical force, would raise the astounding weight of 47,328,000 pounds one foot high. But the union of the oxygen and the carbon,

and the oxygen and the hydrogen, in the human body is attended by the evolution of the same quantity of heat as in the case of its ordinary combustion outside the body; therefore it is easy to calculate approximately the mechanical equivalent to the forces set free in the body in the performance of the mechanical, chemical, and vital processes, if we can only determine the respective quantities of carbon and hydrogen consumed or oxidized in the system.

According to Liebig, an ordinary man consumes, or converts into carbonic acid, about thirteen ounces and nine-tenths of an ounce of carbon per day. This is probably a little in excess of the true amount. Adopting this estimate, the amount of force generated daily in the human body by the combustion of the carbon alone would, if used mechanically, raise 9,674,400 pounds avoirdupois one foot high.

Vital Decomposition.—The body, as has been shown, is the seat of constant change. Its particles are continually undergoing a series of changes, of decomposition and degradation,—are incessantly dying and being removed from the system. But the dead particles are as incessantly being replaced by newly-formed living ones, so that the body still retains its general life, form, and properties.

General Functional View of Man.—Man is endowed by God with the power of performing numerous more or less complex functions. His highest, noblest, and most distinctive function is thought, including under this term, knowledge, reflection, the religious and moral feelings and emotions, the sentiments and affections. The mind would be unable to act unless

brought into relation with the external world through the function of sensation, including sight, smell, hearing, taste, and touch. Unable to perform these functions, wanting in the powers of sensation, his position in this world would be a blank ; all would be darkness and chaos. Wanting these windows of the soul, all would be cold, vacant, and cheerless. Sightless, deaf and dumb, unconscious of all external existence, no light, no colour, no beauty, no friendship to act on the imprisoned soul, the mind would be a mere blank. But given a mind with all its glorious powers, and the faculties of sensation, without which the mind would be useless, it is still necessary that man should possess the power of bringing himself into contact with new scenes, new agencies, new friends, by which the mind is filled with an ever-flowing current of new thoughts, ideas, and aspirations, and by which he is enabled to collect the material substances essential to the support of his existence,—therefore are added to his endowments the powers of motion and locomotion. But the functions of thought, sensation, and locomotion imply material organs and actions, with their inseparable accompaniments of waste and disintegration. These necessitate other ministering functions, including digestion, circulation, respiration, and nutrition, by which the material organs of the higher functions are kept in a state of continued renovation and repair.

CURRIES.

I have frequently been told that we never succeed with curries as they do in India and China, where in some form or other it is a standing dish. Almost everything may be cooked in curry, but white meats are best ; the great art consists in using good stock, and genuine curry paste or powder.

Different things require different treatment. You would not curry a chicken exactly the same as a piece of cod ; the seasoning should in each case be adapted to the thing curried, and no other kind of cooking admits of such a variety of flavouring. It is a mistake to boil curries ; the aroma, which is very volatile, passes off with boiling, and the true flavour of the curry goes up the chimney. Whenever the nose is strongly impressed, it is an evidence that the cooking is going wrong. Curries are always served with plain boiled rice. It is sometimes difficult to obtain good curry powder. The following recipe is from Dr. Kitchener, who advises persons to prepare their own :—

Curry Powder.—Dry and reduce to powder three ounces of coriander seed, three ounces of turmeric, one ounce of black pepper, one ounce of ginger, half an ounce of small cardamoms, quarter of an ounce of Cayenne pepper, quarter of an ounce of cinnamon, quarter of an ounce of cummin seed. Thoroughly pound in a mortar and mix together, and keep in a close stoppered bottle.

Before proceeding with a curry I would suggest the reading over all the recipes, so as to exercise the

clean stewpan, and melt an ounce and a half of butter, add the pieces of meat, a Spanish onion sliced or button onions, a few chopped mushrooms, and fry them lightly to a golden brown colour ; add at intervals and stir in a pint of good stock or broth, which need not be seasoned. When this has simmered slowly for ten or fifteen minutes, add one ounce of curry powder, or half powder and half curry paste, first mixed smoothly together in a basin with a little cream or milk or stock ; stir in and mix thoroughly. When the curry is ready, add the juice of half a lemon ; and skim off the fat.

Precautions.—Constant attention is necessary in the preparation of curries.

CURRIED EGGS.

Ingredients.

Hard-boiled eggs.
Cream.

Curry powder,

Onions.
Stock.

Shred finely two onions or one Spanish onion, and fry in butter till they are of a nice brown colour, add a little flour, and stir continually ; at intervals add half a pint of stock. Let the whole boil up for five minutes, mix three tablespoonfuls of cream with a tablespoonful of curry powder, and add to the contents of the stewpan. Now add four hard-boiled eggs (ten minutes), cut carefully into slices or quarters, so that the yolk does not fall away from the white, slowly simmer for five minutes, and serve.

Precautions.—Constant stirring, and not too strongly flavoured, are essential.

TO BOIL RICE.

Ingredients.

Rice.

Wash the rice in two or three waters with a little salt. Drain it on a colander, then shake the rice into plenty of boiling water, with a small teaspoonful of salt, and give it one or two stirs with a wooden spoon. Let it boil briskly about twenty minutes with the lid partly off. Try a grain with the thumb and finger, and as soon as it is tender drain the rice on to a colander and dry it before the fire, or return it for two or three minutes to a warm, dry saucepan.

Precautions.—Every grain of rice should be separate, dry, and well boiled.

LECTURE VII.

Can that which is unsavoury be eaten without salt, or is there any taste in the white of an egg ?

The fundamental principle of all
Is what ingenious cooks the relish call.

AUSTRALIAN MEAT.

THIS morning we enter upon the discussion of an important question : The best way of cooking Australian meat, and rendering it palatable and wholesome. The best way is to make soup with the jelly, and eat the meat cold, with vegetables or salads. There are numerous recipes for cooking Australian meat, but the misfortune is that it is already too much cooked.

In this country a diet of animal and vegetable food is most acceptable, but the high price of meat, except fat pork and bacon, exclude fresh meat, except in small scraps from the homes of a large number of families, and the pieces occasionally purchased are made tough and indigestible by frying or baking. Instead of a little soup or stew, thickened with a little meal and flavoured with herbs, the meat is hardened and frizzled in a frying-pan with onions and sour potatoes.

Some years ago the late Sir Robert Peel directed his attention to the gradual diminution in the consumption of animal food, which he regarded as a kind of standard of the physical power and comfort of the labouring classes, and with a view of increasing the quantity and keeping down the price he facilitated the importation of foreign cattle, which had been prohibited in the interest of the British farmer. Since his time the population has more than doubled, but the supply of animal food has not much increased, and the price has risen from twenty-five to thirty per cent. ; and just as we have become dependent on foreign countries for nearly half our supply of bread we must, if we are to eat meat, become more and more dependent on other countries for our supply. We cannot rely either on Europe or America or Canada for any large importations, we must, therefore, look more and more to the vast tracts of pasture land in Australia, New Zealand, and South America.

The United Kingdom contains one bullock for every six persons, and scarcely one sheep to each inhabitant ; but, in Australia, you have two and a half bullocks to each person and thirty sheep to every inhabitant ; and while the stock of cattle in Australia and New Zealand and South America is largely on the increase the stock of cattle in the United Kingdom was less in 1871 than it was in 1870 ; and as the importation of live cattle from these places is impossible, we must, if we are to have meat at all, have it in a preserved state. There are four methods of preserving meat. The first is known as the freezing process ; the second, and most general, is the tinning process ;

the third, the concentrated meat process; and the fourth, the antiseptic, or curing process.

The freezing process consists in preserving the meat in ice, or in a freezing atmosphere. The idea is to bring the meat fresh from Australia in ice-houses, but the experiment has not proved successful.

The tinning process has been in operation for years, and is the one generally in use. Tins are filled with meat; a 4 lb. tin contains 4 lbs. 4 oz. of raw meat without bone; after the meat is placed in the tin the top is soldered on, and a small hole left in the centre. The tins are now placed on a gridiron in a bath of salt and water, called the chloride of calcium bath; the bath is first raised to a temperature of 220° , then to 230° , then to 260° , and the time occupied is about three hours: this is a temperature of 48 degrees hotter than boiling water, which is said to be necessary to remove all the air and life germs; every little cell containing air and water is broken up, and the steam and air escape at the small hole, which is suddenly closed with the soldering iron. The tins are put aside to cool, when the external pressure of the atmosphere often forces the tops into a battered shape and makes them concave. You will understand from this process why preserved meats lose much of their flavour. The steam issuing from the tin may be condensed, when it is found to be nothing but water with a slight flavour of the meat. The osmazome upon which the flavour of the meat depends has been separated by the boiling, and while the flavour of the meat is injured, the flavour of the jelly is increased, and we can have this flavour in the

soup. If science is to do anything for cooking there ought to be some method of restoring this flavour of osmazome, in the same way as a manufacturer of scents prepares from a few substances the perfumes of new-mown hay, violets, jasmine, and other flowers, without any of them being used in the manufacture. Du Broussin, a celebrated gourmand, used to say, if my cook were not able to prepare any kind of fish to eat like partridges or woodcocks then he has not learnt the true art of cookery.

Another method of preserving meat has been proposed, known as the antiseptic process, which consists in the use of sulphurous acid and other chemicals. The object is to prevent the decomposition of fresh meat by excluding the oxygen of the air. This process has met with little success, and the meat so preserved tastes strongly of the chemicals, nor is the process a very reliable one.

Another plan is known as the concentrated process. About 30 lbs. of meat is reduced to 1 lb., and this is called the essence or extract of meat, and is recommended for making beef-tea and soups. Almost every chemist and grocer sells this extract of meat; but we cannot depend on extracts of meat as an article of food any more than we can depend on a teaspoonful of flavoured alcohol for beer and spirits. The stomach requires quantity as well as quality. There is no method of making meat more nutritious, in the sense usually understood. If you have one pound of extract and dilute it with thirty pounds of water, you have only one pound of solid matter in solution.. You may dessicate vegetables and meat

and free them from water, so as to occupy a smaller bulk, and when you have done this you have done all that you can do.

For the present we must rely on meats preserved in tins, and to this there are really only two valid objections, the price and the over-cooking. The preparation of every tin of meat costs threepence, and this makes the process expensive; the meat in the tin costs about one penny per pound in Australia. It is, however, fair to mention that the meats imported to this country differ greatly in quality, flavour, and appearance, just as an old cow would differ from a Scotch heifer, or a Merino sheep from a four-year-old South-down. Some persons have an impression that the meat is inferior to English meat; but no country in the world has finer breeds of cattle than Australia; they have all come from the best English stock. There were no sheep or oxen in Australia before the arrival of English settlers; and the first sheep were imported in 1809 to feed convicts. Another objection is, that kangaroos and elephants and horses are cut up. I do not know how they obtain the elephants and horses; and kangaroos are far more costly in Australia than oxen or sheep. Others object that it is not a wholesome food—that men could not live on it and do a hard day's work. No person can be healthy on one kind of food. A man may be starved on beef-steaks and mutton-chops, and no one wishes to say that you are to live on preserved meats. What we have to consider is, Can these meats be used as an economic, wholesome article of food with other things? None of the nutritive or flesh-forming pro-

perties of the meat are lost in tinning, and you have 4 lbs. of solid cooked meat, without bone, which are equal to at least 6 lbs. of butcher's meat. The prejudice against preserved meat can only be gradually overcome by the middle and upper classes eating it.

Several varieties of soup may be prepared from Australian meat.

GRAVY SOUP.

Open a four pound tin, then place it in a saucepan of boiling water to loosen the fat and jelly, pour a little hot water close to the inside of the tin so as not to soak the meat. All this is to dissolve the jelly and gravy. Turn the meat into a large basin, pour over it a little more boiling water, remove the meat to a dish and pour the contents of the basin into a two quart stewpan, and add sufficient boiling water to make a quart or three pints of stock. Let it come to the boil, skim off the fat, season with pepper and salt, and strain it into a soup tureen over small cubes of toasted bread, and serve.

A JULIENNE SOUP.

Proceed in precisely the same way with another tin. Shred one onion, one small turnip, a little celery, and two young carrots. Melt one ounce and a half of butter in a three pint stewpan, and cook the vegetables for ten minutes in the butter, without stewing. Then strain your soup into the stewpan with the vegetables, season with pepper and salt, stand the stewpan aside to simmer, and when the vegetables are tender the soup is ready. The meat may be made into a

stew, as already given (page 76), the small pieces either made into mince or treated as follows:—

CROQUETS OF AUSTRALIAN MEAT.

Croquets are considered rather a delicacy, and may be made with the remnants of game, chicken, fish, potatoes, mushrooms, sweetbread, lobster, rabbit, &c., and is an excellent way of using what might otherwise be wasted.

Mince finely the trimmings of the Australian meat and put them on a plate. Melt one and a half ounce of butter in a stewpan, stir in a dessert-spoonful of flour, and add a little of the stock. Season with pepper and salt, add a little powdered spice, or nutmeg, but not both. When the butter and flour are thoroughly mixed add the minced meat and a little chopped parsley. The croquet material must always be sufficiently firm to shape.

Prepare a liason, by beating up the yolk of one egg with the juice of a lemon, take out some of the mince and mix in the basin with the liason. Remove the stewpan from the fire, then add the liaison and thoroughly mix by stirring with a wooden spoon. Turn it on to a dish, spread it out to cool. When it is sufficiently firm to handle, make the croquets by shaping the mince with the hands into pieces about the size of a cork, trimming the ends with a knife, and lay them on a plate. Beat up an egg, adding a little oil, and roll each croquet in the egg and then in dried bread crumbs, cover thoroughly, and put them aside on a dish. They are now ready for the frying-basket and should be fried to a golden-brown colour

in fat, at a temperature of from 380° to 390°. Garnish with fried parsley. (Australian Meat Stew, see p. 76.)

These were the methods adopted in the Cookery School for cooking Australian meat, but the recipes are numerous.

LECTURE VIII.

“Fish must swim twice—once in the water and once in the fat.”

“Fried soles—you know, served with little kickshaws.”

FRYING.

THERE are two methods of frying : the dry method, as when we fry an omelette or a pancake ; and the wet method, as when the thing fried is immersed in fat. For dry frying we generally use a frying-pan ; for wet frying a frying-kettle. As a bath for frying purposes we generally use fat. The light-coloured dripping of roast beef and the fat skimmed off broth are to be preferred. The next best fat for frying is beef suet, chopped fine and melted down over a slow fire without browning. Lard is the fat generally used for frying ; but it is liable to leave an unpleasant flavour after it. When you can see the bottom of the stewpan through the liquid fat it is sufficiently melted. Let it cool for a few minutes, and strain through a pointed strainer. The reason for allowing the fat to cool a little is to prevent its melting the strainer. When butter is used greater care is required, because it rises rapidly in temperature and requires a slow fire. Oil requires

even more care: it should be warmed for half an hour over a slow fire so as to prevent it rapidly rising in temperature, and boiling over.

Fat may be used for frying until it becomes of a dark brown colour; it must then be clarified by melting with water, when all the impurities fall to the bottom, and the fat, when cold, can be removed in a solid state. When the fat has become nearly black from use it has decomposed, and will no longer fry properly; a bad colour and taste are given to everything fried in it.

Different liquids come to a boiling temperature at different degrees of heat. Water boils at 212° , and all the coal in the cellar will never enable you to obtain a higher temperature. Fats and oils require a much higher temperature, from 500° to 650° , before they come to the boiling point, and this is why fat is used instead of water. If we could obtain the same temperature with water as with fats and oils we could fry as well, or better, in water, because everything fried would be free from any greasy taste.

What takes place when a drop of water falls into hot fat? If the temperature of the fat is not more than 212° no visible effect takes place, but if the temperature be above 212° the globule of water is converted into steam and explodes. The higher the temperature the more violent and rapid the explosion; and if any considerable quantity of water were thrown into hot fat it would be dangerous, because the fat would be thrown all over the kitchen. From several experiments made in the Cookery School I am enabled to give the following temperatures (Fahrenheit) for frying:—

Soles	380°
Rissoles	385°
Croquets	385°
Cutlets	385°
Fritters	385°
Potato chips	385°
Whitebait	400°

Five things out of the seven require the same temperature. Whitebait requires a rather higher temperature.

The temperature of the fat should vary according to the nature of the things fried, and as we use a thermometer to determine the temperature of our rooms so we ought to use a thermometer much more in cooking. We can never raise cooking to a science until we have more exact language and methods. Too high a temperature must in all cases be avoided, and this temperature is indicated by the smoke rising from the kettle. The different degrees of heat are generally determined by throwing into the fat a small sprig of parsley, or a drop or two of water, or a piece of bread the size of a small nut; if ebullition is produced at once, and large bubbles rise to the surface, the fat has reached a temperature known in the kitchen as hot fat. For warm fat the bread should only give rise to small bubbles with scarcely any fizzing.

If too many things are put into the frying-basket they will be badly fried, because the temperature of the fat will fall below the point necessary to fry properly. The most successful frying is when the temperature rises four or five degrees during the frying.

Fried things should be of a golden-brown colour, crisp, and free from fat. The surface fat is removed by placing the things fried on kitchen paper as they are taken from the kettle. Use your fat first for frying rissoles, fritters, and vegetables, and never attempt frying anything but fish in fat after it has been once used for fish. Fresh fat must now be taken for rissoles, and used up for fish. This involves two lots of frying-fat, which is the most economical plan to adopt. The fat when not in use should be kept in clean glazed earthenware jars. Whenever you can use any exact method never have recourse to any doubtful and experimental trials.

If we had a thermometer protected by a cage or basket, and the words *Rissoles*, *Croquets*, and so on, legibly printed on the side opposite the temperature, and if the mercury never varied more than five degrees from these points, a child could fry perfectly in hot fat. If the quantity or nature of the things in the frying-basket lower the temperature too rapidly, remove the basket for a time and let the fat recover its temperature. It will always fall a little as soon as you begin to fry, especially with potato chips and all watery substances. As frying properly in fat is of much importance, and of constant use, no pains should be spared in thoroughly understanding it. If you attempt to fry at too low a temperature, or allow the temperature to fall more than five degrees, the things are not fried but soaked and soddened and of a dirty white colour. If the temperature is too high then the thing is charred, burnt, and blackened, but not fried. We have at our command the power of

frying in fat with all the exactness of a scientific experiment. Sprigs of parsley and drops of water will never give you exactness—the most experienced cook cannot tell within 10 or 15 degrees by any of these methods ; and guessing is substituted for accuracy. I want to dignify, as far as I am able, the art of cooking by making it more scientific.

FISH.

Turbot, halibut, skate, and soles, if the weather be favourable, may be kept a day or two without injury, but all other fish cannot be too fresh. Fish cannot be kept twenty-four hours even in ice without injury. Persons living inland rarely ever have the true flavour of some fish. Shell-fish, unless quite fresh, are neither wholesome nor safe ; lobsters and crabs keep longer by being under-boiled, a practice often resorted to by fishmongers to the injury of the persons who eat them. Thin-skinned white fish boiled are the most digestible, and soft-roed fish (male) are considered the best.

In the selection of fish see that the gills are of a bright-red colour, the scales fresh-looking, but the surest test is the judgment of the nose ; no very trustworthy rules can be given for determining the freshness of fish, because the world has become so corrupt that stale fish often have red gills and other deceitful appearances given to them by artifice. The best way is to seize every opportunity for examining fish, especially when fresh caught, this will give you more exact knowledge than anything in cookery books. There is a close analogy between the constituents of fish and meat, but the nutritive value of fish is very inferior ;

you cannot have the same nourishment from fish as you can from equal weights of mutton or macaroni.

Before cooking, all fish should be thoroughly cleaned, but not allowed to soak unnecessarily in water, although some fish require a good time to cleanse, nor should they be ever roughly handled. In preparing fish there is no occasion for cruelty. I once spoke to a cook who was brutal enough to justify his cruelty by saying that the more eels suffered the better they were; and I am sorry to say that this absurd and utterly false impression exists in the minds of many cooks. Fish should be well cooked, but not allowed to remain in the water or fat an instant after they are done. Nothing but the experienced eye of a cook can see when a fish is ready; all directions as to time are more or less fallacious; but to persons who have not had much experience it may be of service to notice when the eyes begin to start, and to use a thin plated skewer as a probe, to test the easy separation of the meat from the bone. The minute any fish is sufficiently boiled raise it and place the fish-strainer across the kettle to drain, and if you have to keep it a few minutes cover the fish with two or three folds of clean flannel. To let the fish soak in the water would certainly spoil it.

TO BOIL A WHOLE SALMON.

Ingredients.

Salmon.

Clean it without bruising or too much cutting; remove all the blood; have a clean fish-kettle with plenty of room; put the salmon on the strainer, and place it in the fish-kettle and cover with cold water,

measured with a jug to know the quantity ; add one ounce and a half of salt to the gallon ; let the water come gradually to the boil, skim, and simmer till done. With a slice of salmon or jowl put it into hot or boiling water with salt ; hot water fixes the colour. Dish up on a napkin, and garnish with fresh parsley. Sauces are to be used according to taste.

Precautions.—Be careful to remove all the scum, and, when nearly boiled, watch the salmon, or it is liable to break.

BROILED SALMON.

Ingredients.

Salmon cutlets.

Cut out of the middle of a good salmon cutlets one inch in thickness. Take some good salad oil and rub lightly over each side of the cutlet, sprinkle with pepper and salt, and broil over a clear brisk fire, and serve with caper or fennel sauce.

Precautions.—Keep a good clear fire. See page 18.

FILLETED SOLES.

Soles and other fish are sometimes filleted, that is, the flesh is removed from the bones, and the fish is cooked and served without them. To fillet a sole, wash it and remove the black skin, scrape or skin the other side ; lay the sole flat on a board, and with a sharp kitchen knife make one cut from the head to the tail, along, and down to the backbone, now hold the knife obliquely (the ribs forming a guide for the knife), ease the fillet gently with the left hand and cut from the backbone to the fins, and in two cuts the fillet may be removed ; but this requires a little practice to do

neatly and quickly ; one sole gives four fillets. Thick firm soles are best for filleting. The head, fins, and bones may be put into a stewpan and simmered for stock, which is useful in many fish sauces.

BAKED SOLE.

Ingredients.

A sole.	Lemon.	Stock.	Mushrooms.
	Eschalots.		Parsley.

Take a large sole, remove the black skin, and scrape or skin the other side, remove the gills, cut off the fins, clean it, and wipe it with a clean cloth, make an incision on each side down the back to the bone ; take an oval gratin pan and spread over it an ounce of butter, lay on the sole, add a little salt and pepper, the juice of a lemon, and a gill of stock or water ; bake in an oven fifteen or twenty minutes. Make a sauce as follows : put into a small stewpan an ounce of butter and the same weight of flour, stir for two or three minutes, then add half a pint of water or stock, season with salt and pepper. After the soles have been in oven twenty minutes, pour the liquor from the soles into the sauce, add an ounce and a half of butter and a good tablespoonful of fine herbs composed of equal parts of button mushrooms and eschalots, and half the quantity of parsley all finely minced, these should have been previously blanched for five minutes and then added to the sauce, which should now be boiled up ; place the sole on a dish, pour the sauce over, and serve.

Precautions.—Careful preparation of the sauce and the blanching of the fine herbs are essential.

SOLE AU GRATIN.

Ingredients.

Mushrooms. Eschalots. Parsley. Bread raspings.

Clean the sole as already directed, mince finely four button mushrooms, two eschalots, and a little parsley in the same proportions as for baked sole. Take an oval gratin tin, butter it, place half the mixture of fine herbs at the bottom, sprinkle lightly over their surface the bread raspings, lay the sole on the bread raspings and cover it with the remainder of the fine herbs, season with a little pepper and salt, put on the surface a few pieces of butter, then sprinkle the top freely with bread raspings; pour by the side some stock or broth to come up to the fish, but not over it, and, if you like, a glass of chablis, or other white wine; bake for fifteen or twenty minutes, and serve on the gratin tin.

Precautions.—Do not drown the fish in stock or wine.

BATTER FOR FRYING.

Ingredients.

Flour. Eggs. Oil. Butter.

Batter is often required for fish, meat, fritters, &c. Take five ounces of flour, make a hole in the centre, and work it up with a gill of water and a little salt. Separate the yolks of two eggs (put aside the whites), and add to the yolks two tablespoonfuls of oil, and work all into a paste rather thicker than cream; if too thick add a little more water. Well whisk the whites of the eggs, and stir into the batter a quarter of an hour before it is wanted.

FRIED SOLE.

Ingredients.

Sole.	Parsley.	Lemon.
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Strip off the black skin of a large sole, scrape or skin the other side, remove the gills, cut off the fins, wash it, wipe it, and make an incision down each side, not quite to the back bone, put it in a dish and cover it with milk, let it remain ten or fifteen minutes, flour it well on both sides, or brush it over with egg and bread crumb, dry in a clean cloth (this is necessary with all fish that have to be broiled or fried); put it into fat at a temperature of 380° , gradually raising it to a temperature of 385° . When the sole is of a golden-brown colour, place it on kitchen-paper, or better, a clean cloth, sprinkle with salt, put it on a napkin, garnish with fried parsley, and send it up with half a lemon. The sole may be fried in a fryingpan, but a frying-kettle is better.

Precautions.—Let the sole be thoroughly covered with the hot fat.

EGG AND BREAD CRUMB.

Ingredients.

Eggs.	Oil.	Butter.	Bread crumbs.
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Take some stale crumb of bread, and lay it on a cloth. Take the corners of the cloth in one hand, and break the bread into crumbs with the other. Pass them through a wire sieve, and dry before the fire, or in an oven; but be careful not to brown them. They can be kept in a dry stoppered bottle or jar.

Well beat up in a flat dish three eggs, with a table.

spoonful of oil, and one of water, with a little pepper and salt. The water is to prevent the mixture adhering too thickly on the surfaces of the things egged, which give them the appearance of being covered with a thick paste.

SOLE A LA MENUISE.

Ingredients.

Sole.	Eschalots.	Lemon.
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Prepare the sole as already directed, and cut four incisions diagonally on each side, well rub in a teaspoonful of salt and finely-minced onions or eschalots (previously blanched), flour the sole, and broil over a slow clear fire; melt an ounce of fresh butter in a clean stewpan, add the juice of half a lemon and a very little cayenne, lay the sole on a hot gratin dish and rub this sauce into it, cover the fish well with the remainder, and put it into a hot oven for two minutes only, and then serve quickly on the dish.

Precautions.—Let the sauce be well rubbed into the incisions on the sole.

FILLETED SOLES A LA REINE.

Ingredients.

Sole.	Milk.	Parsley.	Horse-radish.
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Fillet a sole or soles, divide the fillets into two parts by cutting across, roll them up, and then tie if necessary with cotton, put them into a stewpan in boiling salt and water just to cover, and let them cook ten minutes.

Prepare a sauce by melting one or two ounces of butter in a stewpan, add a tablespoonful of flour, and

bring it to the consistency of cream with hot milk, season with salt and pepper and a little grated horse-radish ; take up the fillets with a slice and put them into the sauce, which should just cover them, and simmer for two minutes ; a little chopped parsley may be added.

Precautions.—Take care not to boil the fillets after they are in the sauce.

PLAIN BOILED SOLE.

Ingredients :

Sole. Lemon. Parsley.

Clean the sole as already directed, and put it into plenty of cold water with salt, say one ounce to a quart of water, bring it gently to the boil, put it aside to simmer from five to ten minutes according to size, when ready place it in a clean napkin, garnish with parsley and slices of lemon, and serve with plain melted butter, or whatever sauce is preferred.

Precautions.—Violent boiling is to be avoided.

BOILED TURBOT.

Ingredients.

Turbot.

A moderate-sized turbot, six or eight pounds is to be preferred ; large turbot are generally tough and stringy. Soak the fish in cold salt and water for two hours to remove the slime ; some rub it with a lemon to make it white, but its utility is doubtful. Place the turbot on the strainer, and put it into a clean oval fish-kettle with plenty of cold water and salt ; give it plenty of room, let it come gradually to the boil, skim

and set aside to simmer gently for half an hour. French cooks use milk and water for cooking a turbot. Dish it on a hot napkin, the white side uppermost, garnish with parsley and nasturtium flowers, and serve with melted butter or shrimp sauce. Brill is cooked in the same way after soaking and removing the scales.

Precautions. — Very careful boiling and a clean strainer and kettle are essentials.

Halibut is often sold for turbot, but its flavour is not so delicate. The halibut is smooth and covered with oblong scales, which adhere firmly to the body. The turbot has large blunt tubercles like flattened warts.

FRIED SMELTS.

Ingredients.

Smelts. Parsley.

Take a dozen smelts and clean them with as little washing as possible, trim off the fins, dry them thoroughly in a cloth, flour them, or brush over with egg and bread crumb, and fry in hot fat at a temperature of 380° till they are of a rich golden colour and crisp, put them on some kitchen paper, sprinkle with salt, and garnish with fried parsley.

Precautions. — The smelts must be fresh, and evenly covered with flour or egg and bread crumb.

FRIED WHITING.

Ingredients.

Whiting. Lemon. Parsley.

Clean the fish in salt and water, and dry thoroughly in a clean cloth, fasten the tail in the mouth, flour or

brush over with egg and bread-crumbs ; and fry in hot fat to a golden colour. Dish on a napkin, and garnish with fried parsley and a lemon cut in two.

Precautions.—The flavour is spoilt unless the fish is quite fresh.

WHITEBAIT.

Ingredients.

Whitebait. Lemon. Cayenne. Hot fat.

Whitebait should be cooked as soon as possible after they are caught, or kept in ice. With a skimmer remove them to a colander to drain (it is better to avoid as much as possible handling so delicate a fish), and dry them carefully in a clean cloth, which has been previously sprinkled rather thickly with dry flour. Now remove them to a coarse wicker sieve, and gently shake them about to remove any excess of flour. Put them into the frying basket and fry at a temperature of 400° for fifty seconds or one minute. The instant they are sufficiently fried, which is indicated by their whitey-brown appearance, remove the whitebait on to kitchen paper, and place them in a sieve before the fire. Serve on a hot napkin, with brown bread and butter and lemon and cayenne.

Precautions.—Whitebait are very delicate, and should not be bruised or broken by rough handling.

BOILED COD.

Ingredients.

A cod-fish. Parsley.

Put the fish, or a piece of it, into cold water for one hour, wash it, and place it in a fish-kettle with suffi-

cient cold water to cover it with plenty of salt. Bring it gradually to the boil, skim, and simmer till it is done; drain it, and dish on a hot napkin; garnish with parsley, and serve with melted butter or oyster sauce in a sauce boat.

Precautions.—Be particular that the fish does not break in boiling.

SALT COD.

Ingredients.

Salt fish.	Potatoes.	Lemon.
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Soak a piece of salt fish for six hours in tepid water and afterwards in cold water six hours, changing the water three or four times.

Take a stewpan or saucepan of sufficient size and nearly fill with cold water, let it come to the boil, skim, and simmer for a few minutes, drain it, place it on a dish, make some plain melted-butter, squeeze in the juice of a lemon (some prefer egg sauce), pour over the fish, and garnish with plain boiled potatoes.

Precautions.—Careful soaking of the fish is necessary.

GREY MULLET BROILED.

Ingredients.

Grey mullet.	Parsley.	Lemon.
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Remove the gills and scales, and cleanse the inside of the fish, then wash and wipe it, score it on each side a dozen times a quarter of an inch deep, lay it on a dish and sprinkle with a little salt, pour over it three tablespoonfuls of oil, broil on a moderate fire on each side for ten or fifteen minutes; place it on a

dish, and serve with parsley and butter with a little lemon juice stirred in.

Precautions.—Broiling can only be done properly over a bright, clear fire.

RED MULLET BAKED.

Ingredients.

Red mullet.

Clean the fish as for grey mullet, score them, and fold them in white oiled or buttered paper, and bake them slowly in an oven; when done, pour the liquor into a stewpan with an ounce of butter, thicken with flour, season with salt, a very little cayenne, and chopped parsley, let it come to the boil, and serve the sauce in a tureen.

Precautions.—Let the paper be well buttered, as it keeps the surface of the fish moist.

BROILED MACKEREL.

Ingredients.

Mackerel.

Maitre d'Hôtel butter.

Cut off the tail and fins, remove the gills and inside, wipe it and clean it without washing, split the back in the direction of its length to the bone, put it on a dish, and season with pepper and salt and two tablespoonfuls of oil; lay the mackerel on a gridiron over a brisk fire for six minutes on each side, and four minutes on the open back.

Place a quarter of a pound of maitre d'hôtel butter on the back, and serve on a hot dish.

Precautions.—The butter must be thoroughly melted by the heat of the fish before serving.

BROILED MACKEREL (2).

Ingredients.

Mackerel.	Parsley.	Chives.	Lemon.
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Clean the fish as already described, and through the gills fill it with a previously prepared mixture of fresh butter, finely minced parsley, and chives, or eschalots, and pepper and salt, all worked together. Open the back from head to the tail with a sharp knife, and fill up the cut with the remainder of the mixture. Well butter a piece of clean paper, wrap up the fish and put it on the gridiron over a slow fire, or in the oven. When ready remove the paper, and squeeze over the fish the juice of a lemon.

Precautions.—The most important thing is the fire: if not quite clear put the fish in the oven.

BOILED MACKEREL.

Ingredients.

Mackerel.

Thoroughly clean the fish, and place it in a kettle, cover it with cold water with plenty of salt; bring it slowly to the boil, skim and simmer till done. Dish on a hot napkin, and serve with fennel sauce.

Precautions.—The amount of salt should be about one ounce to a quart of water.

CROQUETTES OF FISH.

Ingredients.

Cold fish.	Egg.	Anchovy sauce.
Milk.	Hot lard.	Parsley.

Take some of the remnants of boiled turbot, soles, or any other kind of fish, pull them into small pieces

with a fork, season with pepper and salt, and put them aside on a plate. Put two ounces of butter in a saucepan, let it fry to a light brown, add a tablespoonful of flour, stir well over a gentle fire, then add half a pint of hot milk, and keep stirring till the mixture thickens, add a teaspoonful of anchovy sauce, or a little Worcester sauce, a very small quantity of grated nutmeg, and just a dust of cayenne ; put the fish into the sauce, shake it gently until it nearly boils, and turn the whole on to a plate. When quite firm and cold, roll out the mince in bread crumbs into the shape of corks, then dip them into a beaten egg, and again roll them in bread crumbs, smooth them into shape with a knife, and fry in hot lard, at a temperature of 385°. Serve with fried parsley.

Precautions.—The pieces of fish should be about the size of half-inch dice. Be careful the sauce does not burn.

LECTURE IX.

Our fathers most admired their sauces sweet,
And often asked for sugar with their meat,
Insipid taste to them who Paris know,
Where tarragon, shallot and garlic grow.

DR. KING.

MELTED BUTTER AND SAUCES.

WE have seen that beef stock was the foundation of all meat soups, so plain melted butter is the foundation of most of our sauces. All starchy compounds when exposed to heat and moisture begin to swell and then burst. If you were to see the starch of flour, or any kind of starch, under a microscope the particles would appear something like the shape of a flattened egg. These particles are called granules, and they are made up of cells, which burst in cooking. Uncooked starch is any thing but pleasant. Now the art of making melted butter consists in bursting the starch-cells of flour in the presence of sufficient fat or butter, so that the starch is well cooked.

Making melted butter is one of those simple things which every servant of all-work is expected to know by instinct, but it is one of those things rarely ever properly done. It is often brought to the table more like starch, or billsticker's paste, than melted butter. It

has always been our chief sauce, and has obtained for us the distinction of a nation with twenty religions and one sauce, a circumstance, probably, which led the late Earl of Dudley to speak of one of the Barons of the Exchequer as "a good man, sir, a most religious man, he had the best melted butter I ever tasted."

PLAIN MELTED BUTTER.

Suppose we wish to make a pint of melted butter :— Take three ounces of good butter ; one ounce of flour ; a pinch of pepper and salt ; half a pint of warm water : put one ounce of the three ounces of butter and the one ounce of flour, into a quart stewpan, mix the butter and flour into a soft paste, add the pepper and salt and half a pint of warm water. Stir over the fire with a wooden spoon till the contents boil. If it should be too thick (which will depend on the flour, for some flour requires more water), add half a gill or so of warm water before putting in the remainder of the butter. The sauce should then be thick enough to coat the spoon. Cut the remaining two ounces of butter into pieces to accelerate the melting, take the stewpan off the fire and stir till the butter is melted. It must not be placed on the fire again.

The great point in preparing melted butter is this :—as soon as it has come to the boil to take it off the fire, and then add the cold butter, which gives it the flavour. The failure in properly making melted butter may arise from the flour being in excess, which destroys the flavour of the butter ; or it may arise from mixing the whole quantity of butter with the flour at once.

If too thin, mix a tablespoonful of flour with half an ounce of cold butter, take the sauce off the fire and allow it to cool for a few minutes, add the mixture of flour and butter and stir while off the fire. When melted, put the sauce over the fire again till just boiling, then add a small piece of butter before serving.

The essential condition of success is that the flour and butter should be of the very best, or good melted butter is impossible, no matter what recipe is followed. The butter, unless good and fresh, gives an unpleasant flavour to the sauce. Melted butter is sometimes preferred slightly acid, when a little lemon-juice is stirred into the sauce before serving.

All plain sauces should have a simple but decided character, and be served as hot as possible. They should therefore, never be made until just before they are required for use. Sauces with liaisons or creams should be well stirred, and never allowed to boil after the liaison or cream is added. The same care must be exercised with lemon-juice, pickles, and other acid mixtures. For sauces use clean stewpans, those of enamel or porcelain are the best, and stir always with a wooden spoon.

MELTED BUTTER.

Ingredients.

Cream.

Butter.

Lemon.

Place a gallipot in a saucepan of water, and put into the gallipot one ounce of fresh butter; when it is melted, stir in gradually a gill of cream, with a little salt and a few drops of lemon. Let the water in the

saucepan come gradually to the boiling point, and in four or five minutes it is ready.

Precautions.—Constant stirring is necessary. This arrangement is in fact a bain-marie.

FENNEL, PARSLEY, AND TARRAGON SAUCES.

A little fennel blanched for a few minutes in boiling water and finely minced, then stirred into the butter makes fennel sauce, and so with tarragon or parsley.

MAYONNAISE SAUCE.

Ingredients.

Egg. Tarragon vinegar. Oil and vinegar.

This sauce is used as a dressing for salad and cold meat or fowl, it is the foundation of all cold sauces, and must be well made.

Separate thoroughly the yolk of one egg and put it into a basin with half a tablespoonful of tarragon vinegar, one tablespoonful of good vinegar, and a little salt and pepper. Mix these with a wooden spoon, then take the oil bottle and place your thumb over the top and let the oil fall in at short intervals, drop by drop, and well mix. The great art is to thoroughly mix the oil before adding more. After adding about forty or fifty drops of oil you may now add it, in quantities of a teaspoonful, till you have used about four ounces altogether, which will make about half a pint of sauce. Taste it, and add more vinegar or pepper and salt if necessary. As a rule this sauce should be well seasoned. If desirable, slightly rub the basin in which the sauce is mixed

with an eschalot or garlic. Some think a finely-minced eschalot and parsley are agreeable additions to this sauce.

Precautions.—Thoroughly stir in the oil till the sauce is of the consistency of cream.

GREEN MAYONNAISE SAUCE.

Ingredients.

Mayonnaise sauce.	Chervil.	Cress.
Burnet	Tarragon.	

Mince finely two or three tablespoonsful of chervil, garden cress, tarragon, burnet, and any other herbs you may fancy, mix these together, then stir them into the sauce. This mixture is called *ravigote*, if tarragon vinegar has been used; in preparing the white mayonnaise sauce no tarragon should be used in the ravigote. When tarragon is scarce, tarragon vinegar may be used instead. The two or three tablespoonsful of ravigote are intended for the quantity of sauce indicated in the previous recipe.

Precautions.—The herbs should be finely minced and used in equal quantities.

SAUCE REMOULADE.

Ingredients.

Mayonnaise sauce.	Capers.	Gherkins.
Eschalots.	Anchovies.	French mustard.

Mince half an ounce of eschalots, one dessert spoonful of capers, and the same quantity of gherkins. When minced take two anchovies, clean them, and put them for a minute into hot water, remove their

heads and backbones and chop them up. Mix them together with a teaspoonful of French mustard, and stir into the quantity the Mayonnaise sauce, indicated in the first recipe.

Precautions.—With all cold sauces the chief thing is a good mayonnaise sauce.

PIQUANT SAUCE (1).

Ingredients.

Stock. Eschalots. Gherkins. Parsley.

Chop up a good half ounce of eschalots, a tablespoonful of parsley, and a tablespoonful of gherkins. Take a clean quart stewpan and put into it one ounce of butter, four tablespoonsful of vinegar, and the chopped eschalots, and stir over the fire with a wooden spoon; the vinegar is sufficiently reduced when the butter is clear. When the eschalots have absorbed all the vinegar add one ounce of flour, and stir four or five minutes, then add a pint of broth or stock (if unflavoured with vegetables the better), season with pepper and salt according to the saltiness of the broth, bring it to the boil and continue boiling gently for ten minutes, and skim. Now add the parsley and gherkins. Boil up, and skim again if necessary. Any additional seasoning may now be added and the sauce is ready.

Precautions.—This reducing is necessary to give the proper sharpness to the sauce and secure a right mixture of the flour and butter. A brisk boiling is necessary when anything has to be reduced.

PIQUANT SAUCE (2).

Ingredients.

Parsley.	Melted butter or stock.	Capers.
Gherkin.	Worcester sauce.	Eschalots.
Anchovies.	Oil.	Vinegar.

Take a small bunch of fresh parsley, wash it and dry it in a cloth. Remove the stalks and put a tablespoonful of the leaves into a mortar, the same quantity of capers and dry mustard, the yolks of three hard-boiled eggs, and half a teaspoonful of Worcester sauce or ketchup. Bone six anchovies and pass them through a sieve (*purée*), add one tablespoonful of vinegar, two of oil and one finely minced eschalot, and work all together in the mortar until well mixed. Then stir the mixture into half a pint of melted butter, or good beef stock, season with salt and pepper, and serve hot.

Precautions.—All the ingredients must be thoroughly mixed in the mortar.

DUTCH SAUCE.

Ingredients.

Eggs.	Fresh butter.	White pepper.	Vinegar.
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When well made this is the first and best of white sauces. Reduce two tablespoonsful of vinegar to one tablespoonful in a clean stewpan, with a little salt and coarsely-ground white pepper (*mignonette*). Remove the stewpan from the fire, and add two tablespoonsful of cold water and the yolks of two eggs. Put the stewpan on the fire and stir, but do not boil. Divide four ounces of sweet fresh butter into six parts. Take the

stewpan off the fire and stir in till melted one part only of the butter. Place the stewpan again on the fire for about a minute, constantly stirring. Remove it again from the fire and add another part of the butter and repeat in the same way till all the butter has been used. It will be necessary to add at intervals a tablespoonful of cold water, to prevent the sauce from thickening. Season with pepper and salt and serve hot.

Precautions.—The yolks of the eggs are to be well freed from the white, and constant attention is necessary.

MAITRE D'HOTEL BUTTER.

Ingredients.

Parsley.

Butter.

Lemon.

Take some fresh parsley and wash it in plenty of water, remove the stalks, and mince it. Then take a clean cloth and secure the parsley in one corner and dip it two or three times into the cold water, then wring out the water. This second washing greatly removes the acrid flavour of the parsley. The parsley is now ready, and there should be about one ounce. Take six ounces of fresh butter, put it in a basin, add the parsley, a little salt and pepper, and a tablespoonful of lemon-juice. Work all together near the fire till it comes to the consistency of thick cream, and it is now ready.

Precautions.—Do not mix too near the fire, or the butter becomes oily. When well made this butter will keep for a week.

MAITRE D'HOTEL SAUCE.

Ingredients.

Maitre d'Hotel Butter.

Plain melted butter.

Take a clean quart stewpan and make a gill of plain melted butter. Now add a gill of water, and boil for three minutes with constant stirring. Take off the fire and add five ounces of Maitre d'Hotel butter ; stir till melted and serve hot.

Precautions.—Cleanliness and good maître d'hotel butter are essential.

HOT MINT SAUCE.

Ingredients.

Mint.

Sugar.

Vinegar.

Take a clean quart stewpan and reduce half a pint of vinegar with half an ounce of brown sugar. Add a pint of water, boil up, simmer for ten minutes, then add a tablespoonful of young mint finely minced. Well mix and serve.

Precautions.—The large stalks should be removed from the mint before mincing.

COLD MINT SAUCE.

Ingredients.

Mint.

Sugar.

Vinegar.

Take three ounces of brown sugar, three tablespoonfuls of young mint, previously picked and washed and then finely minced, and half a pint of vinegar, mix well in a basin, and when the sugar is melted put the sauce into a tureen, and serve.

Precautions.—Remove the large stalks from the mint.

BECHAMEL SAUCE (1).

Ingredients.

Veal or fowl.	Mushrooms.	Onions.
Carrots.	Bouquet garni stock.	

If you have no rich white stock, cut up some lean veal, free from fat, into two inch cubes and put them into a three-quart stewpan. Add one moderate sized onion, two and a half inches in diameter, one small carrot cut into pieces, and six ounces of butter. Fry the vegetables in the butter for ten minutes, without colouring, then stir in three ounces of flour, and continue stirring five minutes longer. Add three pints of stock, one pint of cream, five ounces of sliced mushrooms, a small bouquet garni, half a teaspoonful of salt and a pinch of mignonette pepper (white pepper). Stir till it comes to the boil, skim occasionally to remove the fat, and simmer for two hours. Strain through a tammy sieve into an enamelled or porcelain stewpan with a gill of cream. Simmer over the fire till it coats the spoon, strain again through a tammy sieve into a basin and stir till the sauce is cold.

Precautions.—This sauce especially requires the cook's utmost attention.

BECHAMEL SAUCE WITHOUT MEAT (2).

Ingredients.

Onions.	Carrot.	Eschalot.
Bouquet garni.		Milk.

Take an onion three inches in diameter, and cut it into six or eight pieces, slice a small carrot, and cut

up one eschalot, fry these for five minutes in a two-quart stewpan with four ounces of butter, add one ounce and a half of flour, and stir for five minutes, now add three pints of new milk, half a teaspoonful of salt, a pinch of white pepper, a small bouquet garni, and stir for twenty minutes, then strain through a tammy sieve into a basin, and put aside for use. When required, boil it up again and thicken, if necessary, with butter. If stirred till cold this prevents any film forming on the surface.

Precautions.—Take care not to brown the vegetables or butter.

These two sauces can be put by for use and warmed up when wanted.

HORSERADISH SAUCE.

Ingredients.

Horseradish.	Cream.	Pounded loaf sugar.
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Boil half a pint of rich cream or new milk, then add one ounce of finely-grated horseradish, a pinch of pounded loaf sugar, and a little salt.

Precautions.—The horseradish should be young.

ITALIAN SAUCE.

Ingredients.

Stock.	Eschalots.	Mushrooms.
Onions.	Ham.	Chablis.

Put into a clean quart stewpan half a dozen mushrooms, one onion, three eschalots, and a rasher of ham, all minced finely. Fry these for five minutes to a golden colour, and then add three gills of stock and a small bouquet garni. Let the whole come slowly to the boil

and simmer for three-quarters of an hour, then add a glass of chablis, sauterne, or madeira, and a squeeze of lemon-juice, and season with pepper and salt. Melt in another stewpan three-quarters of an ounce of butter and a teaspoonful of flour, and thoroughly mix. Get some one to strain the sauce gradually into the second stewpan while you stir, and the sauce is ready.

Precautions.—The success of this sauce depends on the constant attention of the cook.

ONION SAUCE (1).

Ingredients.

Onions.	Melted butter.	Milk.
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Peel the onions, and put them for a quarter of an hour into salt and water, blanch them, and then boil them in plenty of water or milk, pass them through a wire sieve, stir the pulp into thin melted butter, boil up, season with pepper and salt, and serve.

Precautions.—The more delicate flavour is obtained by boiling the onions in milk.

ONION SAUCE (2).

Ingredients.

Onions.	Cream.
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Peel the onions, blanch them, and roughly mince them, put an ounce of butter into a clean stewpan, then add a teaspoonful of flour, stir for two minutes, add the onions, and stir to prevent colouring, now add a little pounded loaf-sugar, and pepper and salt to taste. When the onions are sufficiently soft pass them through a sieve, return the pulp to the stewpan, and bring the

sauce to its proper consistency with milk or cream, continually stirring. Serve hot.

Precautions.—Do not let the sauce boil after adding the cream.

TOMATO SAUCE.

Ingredients.

Tomatoes.

Bouquet garni.

Stock.

This sauce is best made with fresh tomatoes. Take six or eight tomatoes and remove the stalks, then squeeze out the juice and seeds; take a three-pint stewpan with a close-fitting lid, put in the tomatoes and add a gill of water, a little salt and pepper, and a small bouquet garni; boil for twenty minutes or half an hour, with frequent stirring. When soft, pass them through a wire sieve. Melt half an ounce of butter, and stir into it a teaspoonful of flour; stir for two or three minutes. Take it off the fire, and add in small portions the *purée* of tomatoes, constantly stirring; add a gill of stock, better if flavoured with a rasher of ham or bacon, and boil for a quarter of an hour. Should the sauce be too thick, add a little more stock. If preserved tomatoes are used, begin with them as if a *purée*, and proceed as already described, and the sauce is ready.

Precautions.—Almost constant stirring is required.

BREAD SAUCE.

Ingredients.

Bread-crumbs.

Cream or milk.

Eschalot.

Take a clean stewpan and put in six ounces of stale bread-crumbs with one pint of new milk and one eschalot, boil for ten minutes, and the sauce is ready.

Precautions.—See that the bread-crumbs are good, and take care that the sauce does not boil over.

OYSTER SAUCE.

Ingredients.

Oysters.

Open a dozen oysters, and let them boil for two minutes in their own liquor, drain them over a colander, and strain the liquor.

Mix to a smooth paste three-quarters of an ounce of butter with the same weight of flour, then add the liquor of the oysters, and make nearly a pint by adding milk ; stir over the fire till it comes to the boil, take it off the fire and stir in half an ounce of butter till melted : remove the beards from the oysters, and return the oysters into the sauce to warm.

Precautions.—The sauce must not boil after the oysters are added.

MUSHROOM SAUCE (1).

Ingredients.

Mushrooms. Bechamel sauce. Lemon-juice.

Wash and pick a pottle of mushrooms, remove the gritty part near the stalk, and put them into a basin of cold water for three or four minutes, then dry them on a cloth, trim them, and, if you like, whiten them in a stewpan with a tablespoonful of lemon-juice and the same quantity of water, mince them, stalks and all, and put them into a clean quart saucepan with an ounce of butter ; when the mushrooms are nearly done add half a pint of Bechamel sauce, and simmer for

half an hour. Pass the whole through a strainer, and serve hot.

Precautions.—Good Bechamel sauce and young mushrooms will be required.

MUSHROOM SAUCE 2).

Ingredients.

Button mushrooms.

Cream.

Take a pint of button mushrooms and prepare them as directed in the previous recipe, put them into a clean quart stewpan, with one ounce and a half of butter and one ounce of flour, mix by stirring well with a wooden spoon, add the mushrooms, season with a little salt, add one pint of cream, and boil for ten or fifteen minutes, stirring.

Precautions.—Stir frequently.

LEMON AND LIVER SAUCE.

Ingredients.

Liver.

Lemon.

Melted butter.

Wash and score the liver of a fowl or a rabbit, blanch it for a few minutes, cut half a lemon into small slices, remove all the white and seeds, take a quarter of the lemon-rind and mince it and the liver finely, prepare half a pint of melted butter, add the minced liver and lemon, and season with a little salt. Let it come gradually to a good temperature without boiling, and then serve.

Precautions.—Be sure the livers are fresh and healthy.

LIVER AND PARSLEY SAUCE.

Ingredients.

Liver.	Parsley.	Melted butter.
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Proceed as in the last recipe by blanching the parsley and liver, mincing them separately, and stirring the melted butter.

Precautions.—The same as the preceding.

ROUX.

Ingredients.

Flour.	Butter.
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Melt three ounces of butter, and stir in one ounce of flour, until it becomes of a light brown colour. Cover the stewpan, and let it remain for half an hour on the stove, then add half a pint of boiling water, season with pepper and salt, and stir gently till well mixed. Continue the stirring five minutes after it comes to the boil. Stock, as I have before explained, is better than water. Roux is used for thickening sauces and gravies; when wanted white it must not remain on the fire long enough to brown. The difference between brown roux and white roux is simply in the browning of the butter. It can be kept for some days in a clean earthenware jar in a cool place.

Precautions.—Great care must be given to the preparation of roux, for if the butter and flour are not good, or allowed to become too brown, the flavour of the sauce is strong and acrid.

LECTURE X.

For the fashion of this world passeth away.

What have I learn'd where'er I've been?
From all I've heard, from all I've seen,
What know I more that's worth the knowing?
What have I done that's worth the doing?
What have I sought that I should shun?
What duties have I left undone?
Or into what new follies run?

THE EDUCATION OF GIRLS.

WE live in a time when the atmosphere is clouded and our brains muddled with schemes for the education of women, but none of these schemes, so far as I know, recognise the fact that when a woman gets married her whole habit of life and her occupations are changed. She has now to undertake duties and responsibilities of which as a single woman she knew nothing. What is there in the sentimentalism of novels, or the school-teaching of the middle and working classes, to fit them for these duties and responsibilities? The education of women for the proper work of women is about as bad as it can be; they go to boarding-schools and colleges and learn all about

the transit of Venus and the Zanzibar contract, and often get married without knowing how to boil a potato ; their whole school life has been absorbed in "ologies" and showy accomplishments, and they grow up with a contempt for those household duties which have ever been the soul of domestic happiness. I am told that in some schools ladies have been drilled in curtseying to a pair of old velvet breeches and a red coat stuffed with straw ; to step in and out of mock carriages ; and to mount wooden horses, without ever having occasion to do any of these after they leave school. What a pity these poor creatures have to eat every year nearly half a ton of cooked food. The tyranny of fashion, the hypocrisy of trying to be thought what we are not, has turned many a good cook into a poor dressmaker, or a dispenser of sandwiches and bitter beer, because our pride attaches a gentility to these occupations. A domestic servant may not know much about spectrum analysis or the Dutch settlement in Acheen, or the French language ; but if she knows how to make a good sauce and to boil a potato she is an educated woman, and will command higher wages than a telegraph clerk or a governess, and will make a better wife, because her knowledge will enable her to turn everything to the best account for her husband and her children. In almost every country in Europe ladies of the middle and upper classes take a pride in cooking and arranging a dinner, and they are certainly never ashamed of doing so, and will sometimes voluntarily explain at table the cause of any little failure. In several towns in Russia, Germany, France,

Switzerland, and Holland there are model kitchens, some of them partly supported by the State, where neatness, order, and cleanliness regulate the work ; shining metal and clean porcelain saucepans ornament the kitchen shelves ; and over a charcoal stove in thirty minutes a lady will prepare a capital little dinner, which satisfies the appetite without overloading the stomach ; this is dining elevated to an art. Educated cooking is as much a science as chemistry. What you have to think about and understand is always associated with something which you have to do, and this pleasure of thinking and doing, every one must be conscious of who has worked out with her own hands the plans which she has thought over and matured in her own mind. This exercise of a woman's faculties is itself an education of the highest order. You must not understand me as speaking against the accomplishments of women. I only wish to speak against the superficiality and shams which too frequently pass for education, and which unfit women to be wives and mothers. Imagine my disgust on a recent occasion, when a young lady, fresh from college, was handing round in the drawing-room six elegantly bound books which she had obtained as prizes at a recent examination. A soft young man, who I subsequently heard was a clerk in the city on £120 a year, was paying his addresses to this young lady. The conversation was rather slow and vapid. At last something was said about domestic servants ; and now the conversation brightened : the young man innocently asked the lady with six prizes how long it took to boil an egg, and putting on a rather vacant expression she replied,

“ Really I don’t know, I never boiled an egg in my life. Ma, dear, how many hours does it take to boil an egg ? ” Whether this ignorance was affected or real it was sufficient to show the tendency of modern education. The young man would have acted sensibly if he had taken an affectionate farewell. For what hope of happiness could there be for a man with an income of £120 a year united to a woman who did not know how to boil an egg. It is to my mind of the first importance that every woman who is to have the care and direction of a household, whether small or large, and the expenditure of her husband’s money, should understand how best to lay out his money on what is wholesome and nourishing ; she should also know something of the relative value of the substances commonly used as food, and the principles upon which that food can be most economically cooked. If the income be small your knowledge will make your money go as far again in the purchase of food, for after all, feeding a family is not so much a matter of money as it is of knowledge. If on the other hand you have abundance, remember your duties and responsibilities are greater and your example more powerful. It is your duty to give your daughters the highest culture and accomplishments which education can confer ; but in their desire for the last new fashion in bonnets and dogs, remember that no woman is less accomplished, or refined, or beautiful, because she knows something about household duties, and can, if necessary, cook her husband’s dinner better than nine-tenths of the plain cooks. I regard every lady ignorant of these matters as a lady of neglected education.

I am sorry for her, because her future must be doubtful ; there is hope for every young lady that can cook, but there is no hope for the lady that cannot cook. We have nearly a million of single women over twenty years of age, and most of them expect or hope to be married, but scarcely one out of five hundred would know how to make a basin of mutton-broth. Need you wonder at young men keeping single, or at married men dining at eating-houses and clubs. There was a time in our history when ladies of rank used to wear white muslin aprons and spend one or two hours every morning in the kitchen, and with their own hands prepare the lighter things required for dinner ; but cooks now dispute the right of the mistress to enter the kitchen. If, on the same principle, land-owners were not permitted to walk on their farms, or masters to enter their workshops, society would be in a state of anarchy, and all responsibility, which is the first element of good government, would be at an end. Mistresses are at the mercy of their cooks, and for the sake of peace many ladies, except the first lady in the land, never enter their kitchens. How often has a lady to submit to all sorts of petty annoyances for the sake of a decently cooked dinner. In three months a lady of intelligence would know how to cook a dinner better than half the cooks. Mistresses ought to be what they once were, the superiors and teachers of their servants. Our indifference and ignorance of these matters is a national misfortune. We have the best and greatest variety of food the world can produce. Thousands of ships bring to our shore corn, wine, fruits, and spices, and in our ingratitude

and ignorance the half is wasted. The young ladies of our time seem to have lost the idea of enjoying the simple inexpensive pleasures of their grandmothers: and unless they breathe the atmosphere of continual excitement they are miserable. Gorgeous carriages, costly jewellery, balls and parties in the dead of night, the wearisomeness of dress, the struggle for appearances, the endless anxiety and labour to no purpose, are not enjoyments which any one is the better or happier for cultivating. Men are fortunately not possessed with this devil to the same extent; it is chiefly in the heart of a woman that the pomps and vanities of this world find a ready welcome. No one who has seen fifty years but must be sensible of the gradual demoralization of the wealthy middle classes and of their contempt for everything like household work. It is difficult to suggest a remedy. The denunciations of the pulpit, the satire of the press, are all unavailing; but I look chiefly to sensible, thoughtful women, whose rank and position in society entitle them to consideration and respect, for a remedy to these evils. I ask these ladies to stamp our efforts with their approval; I ask them to take a personal interest in the practical work of the School. Our attention is daily called to the great mission of woman, to the injustice which excludes her from her rights; but the household mission, which ought to be the highest mission, is rarely mentioned. When the wife of every man, rich and poor, has been taught to cook, to make the best of the food which God has provided; when the dirty courts and yards of our large towns have been cleansed and purified;

when the bed of the sick and the suffering has been smoothed ; when the orphan and widow have been comforted, and our streets cleared of temptations to sin, the women engaged in such a work will deserve our purest love and respect rather than the speechifiers on the intellectual equality and rights of woman. Do not interpret these remarks as favourable to any social or political degradation of woman. There are some duties inseparable from a woman—they have their origin in the fact of her being a woman which nothing can alter ; and by the faithful performance of these duties she inherits her rights and responsibilities, and fulfils in the highest degree the mission assigned to her by God.

We ought to insist on arrangements for regular instruction in cookery in every girls' school. I know there are difficulties, but an earnest purpose overcomes everything. In the country, girls often come two or three miles to school, and bring with them in a cotton bag or a piece of paper some bread and cheese or a hard cold dumpling. A very much better dinner than children usually have could be cooked at school for twopence or threepence each ; and in this way soups, stews, rice, macaroni, Indian meal, oatmeal, peameal, beans, lentils, and other foods scarcely known among the poor, might be introduced with advantage and their prejudices gradually overcome. Every girls' school should have a properly arranged kitchen, not one where the cooking is done by steam and complicated appliances, but one that contains an ordinary fireplace, so that dinners could be provided daily for some of the children. In large towns pupil teachers

and the more advanced girls would be instructed at convenient centres. But how is this knowledge to be introduced into ladies' schools? As far as my experience goes old maids are not the best persons to keep ladies' schools; disappointed perhaps in early life they grow cold, rigid, formal, and often unfeeling. The natural joyousness of youth, the hearty merry laugh, is at once put down as rude and vulgar. I knew a school from which a young lady was expelled for jumping over a stile. The mention of such things as saucepans and gridirons would no doubt have been considered as a gross breach of etiquette. Some arrangement might be made in ladies' schools for one or two to take part every day in the work of the kitchen under an educated cook, who ought to rank as one of the teachers; she might occasionally give lessons on the chemistry and physiology of food; and in this and other ways much useful knowledge might be communicated at school.

I shall be met with the oft-repeated objection that there is no time for these things; but how many dreary hours are occupied over the piano, how large a portion of time is swallowed up with this accomplishment; and, when we consider its practical value on the after-life of a girl, is it worth the time and money bestowed upon it? I do not say you are not to learn the piano, but what I do say is, that your whole force of thought is not to be exhausted on it. It would not take a tithe of the time to learn how to make a *fricassee* of chicken or to fry a pair of soles in hot fat, as it does to learn a sonata which may be easily forgotten; and besides, cookery once learnt is never forgotten.

Now that public attention has been called to the subject, mothers perhaps will take more personal interest in the domestic education of their daughters ; for it is chiefly in their own homes that this education must be encouraged and enforced. Making pastry, preserving fruit, pickling, making ketchup, cultivating, gathering, drying, and compounding herbs, are elegant, healthful occupations. After leaving school the life of many young ladies becomes most aimless and vapid, without any useful occupation or purpose ; valuable hours are wasted on dress and accomplishments, and when the chance of marriage is over, no condition is more hopeless or helpless than that of a dependant, well educated lady. Better take to hospitals and workhouses and orphanages, and bestow on the sick and the suffering therein a little of that love which, from the want of some higher motive, is often bestowed on cats and dogs. Young ladies are often taken from homes where they have enjoyed every luxury and have had servants to wait on them. They marry and go perhaps to distant settlements where no amount of money can secure a female servant. A lady who had been stationed for some years in one of our colonies was obliged to do all the work of the house herself. With her baby tied on her back, she used to make the beds, cook the dinner, and for five years lived without a servant : and her husband said it was the happiest period of his life. "My mother" (said the lady) "was a sensible woman. After I left school she sent me to finish in the kitchen ; and, under the direction of the cook, the meat, fish, vegetables, and poultry were

brought in; and my mother insisted that I should do everything from beginning to end; and in a few months I was able to prepare a dinner from first to last." On one occasion they had twelve persons in the house as visitors; the cook met with an accident (they were some distance from any town), and this young lady undertook the preparation of the dinner. When the first bell rang she went up to dress, and in half an hour sat down to the dinner which her own hands and head had prepared. This lady belonged to one of the oldest aristocratic families in this country, and I have her permission to mention the circumstance. Now, I ask which is the greater lady, the one who easily adapts herself to altered circumstances and can, when necessary, in a spirit of generous independence and cheerfulness, cook her husband's dinner, or the woman who speechifies about her rights and has never learnt to boil a potato or to dress a baby. In the arrangements of society and in the designs of Providence certain social and domestic influences and duties have always been assigned to women, and I hope these duties will never be forgotten or forsaken. But human nature is full of imperfections and weaknesses which often make a large demand on our charity and forbearance. All the Greek of Porson and the geometry of Euclid are useless to a woman if she has not learnt to open her mouth with wisdom, and to look well to the ways of her own household, if her servants are not under respectful authority, and if her table be badly provided and arranged. She will be wanting in all those valuable qualities which once made English women distin-

guished above the women of every other country; and until they have learned and practised the duties and refinements of domestic life, have taught their young daughters how to cook economically and to dress neatly; how to be noble and happy, we have certainly not much to say to heathens and Hottentots.

In this metropolis there are thousands of noble women—ladies in the highest and best sense—endeavouring to do good to the poor, some of whom have given up all worldly indulgences and hopes for the benefit of others. I have seen them, on a cold winter's day, collecting scraps of cast off vegetables at Covent Garden, amid the jeers and scoffs of vulgar well-dressed people. With these vegetables, and odd pieces often begged from houses, savoury and wholesome food has been prepared from materials which would otherwise have been trodden into mud. In dealing with suffering and poverty it is sometimes difficult to do good without necessarily being the cause of evil: "Blessed is he that feedeth the poor," but still more blessed is he who teaches the poor to feed themselves. If those who are brought into frequent contact with the poor were able to give them some practical instructions in cooking, such instructions would not be without its influence for higher and better purposes. I know how feeble words of mine are to alter the habits and prejudices of society, or promote any united action for good among those who are separated. To work, to hope, to love, and to pray, these are the things that make men happy. They have always had the power of doing this, and will have the

power to the end of time, and whatsoever thy hand findeth to do, do it with all thy might.

The proper management of a household has always had a close fellowship with the best of virtues. The boiling of a potato may be dignified by the intelligence and the motive which inspire the doing of it, and there is no duty imposed on us so menial but may be done to a high purpose, and therefore ennobled by doing it.

KEDGEREE.

Ingredients.

Cold boiled fish.

Eggs.

Rice.

This is a method for using up any kind of cold boiled fish, and it makes an excellent breakfast or luncheon dish. Take half a pound of boiled fish, remove the skin and bone and cut it into pieces each about the size of a nut. (It is better to pull the fish to pieces with a fork before it is cold.) If done when the fish comes from table the previous day, it will be ready for next morning's breakfast. Wash and boil three ounces of rice and turn it on a sieve to drain. Boil for ten minutes two eggs and cut them into half inch cubes. Take a clean stewpan and melt an ounce of butter, then add the rice, then the fish, then the eggs. Season with pepper and salt and a very little cayenne. Stir with a wooden spoon, and when it is warmed through turn it on to a dish, shape it and cover the top with bread raspings and brown only in the oven.

Precautions.—Constant stirring is necessary till the mixture is turned on to the dish.

LECTURE XI.

And I will send grass in thy fields for thy cattle, that thou mayest eat and be full.

Rest yourselves under the tree, and I will fetch bread to comfort your hearts.

WHEAT, BREAD, OATS, BARLEY, MACARONI, PEAS, BEANS, AND LENTILS.

FARINACEOUS foods are characterised by their large amount of starch, but the proportion of carbon and nitrogen will give a better idea of the relative value of different starchy substances commonly used as food :

1 lb. of household bread yields 1994 grains of carbon and 89 grains of nitrogen.

1 lb. of oatmeal contains 2800 grains of carbon and 140 grains of nitrogen.

1 lb. of pearl barley contains 2660 grains of carbon and 91 grains of nitrogen.

1 lb. of maize contains 2800 grains of carbon and 121 grains of nitrogen.

1 lb. of rice contains 2730 grains of carbon and 70 grains of nitrogen.

1 lb. of potatoes contains 770 grains of carbon and 24 grains of nitrogen.

1 lb. of sago and arrowroot contain 2555 grains of carbon and 13 grains of nitrogen.

1 lb. of peas, or lentils, or beans, contains 2730 grains of carbon and 255 grains of nitrogen.

When substances containing a large proportion of starch are used as food, milk is a valuable and almost a necessary addition. If we bear in mind the quantity of carbon, $12\frac{1}{2}$ ounces, and of nitrogen, 250 grains, required daily by a labouring man, we can form some idea of the relative value of cereals as food substances. The form in which they are chiefly used is as wheaten bread. In the conversion of wheat into bread we grind the grain and reject the lining membrane of the bran, which is rich in nitrogen and phosphates ; but the presence of this inner lining of the bran and small portions of the bran itself give a brown colour to the bread, and in our craze for white flour and white bread, a prejudice difficult to overcome (especially among the poor), we waste a considerable portion of our food. The utility of finely bolting meal by which all the bran and pollards are removed is very doubtful, because you not only get rid of much nitrogen, but also of the salts which are especially valuable in the nourishment of the young.

It has been stated by Poggiale that bread made from whole meal is the only bread which properly fulfils the purposes of a food, and although a considerable proportion of the bran (the pure outer skin of the wheat) is indigestible, and therefore non-nutritious, yet it is necessary for the perfect digestion of the other parts ; but I doubt whether persons of weak digestion would derive any benefit from whole meal bread. Flour, known as households, which contains a notable quantity of the inner lining of the bran and sharps is

an economical food. Fine white flour must be considered luxurious rather than profitable, but for batter, pastry, and puddings, which are not to be regarded as a staple food, it is to be preferred, for no good pastry can be made with coarse brown flour. This leads to the consideration of macaroni, which is to the population of the south of Europe what bread is to us.

But what is macaroni? As an article of food it is rather more valuable than bread, because it contains a larger proportion of gluten. In this country it is usually introduced as a sort of luxury among the middle and upper classes; but there is no good reason, considering its price, why it should not enter largely into the food of the people. The origin of the word is involved in some obscurity, nor is it material to our present purpose. According to some macaroni signifies a mixture, because it was originally made with oat-meal, barley-meal, or wheat-meal, mixed with cheese, butter, herbs, spices, and other ingredients. The meal of any of the cereals yields a paste from which the macaroni can be manufactured. The hard, red Italian wheat, is generally used; it was imported into Italy about four centuries ago from the neighbourhood of the Black Sea. The best macaroni of Naples is made from this wheat. Since that time red wheat has been largely cultivated in Apulia and Sicily and on the shores of the Adriatic. The red colour of the grain gives a brownish colour to the macaroni; and here let me remark that white macaroni is a mistake, it is not the product of an honest manufacture.

The basis of macaroni is a paste or dough made from wheat-meal. The first process is to wash the

grain, it is then ground like wheat in an ordinary mill. The moisture adhering to the surface, and the heat produced by grinding make the meal tough and sticky. After grinding it is dressed by being sifted through sieves of different degrees of fineness; this separates the husks or bran and some of the coarser portions of the grain, and the final result is pure semolina, which is only another name for wheat flour; it is mixed with water and worked with the hands into a stiff paste, which is now introduced into a large wooden trough or pan, a heavy marble wheel moving vertically in a circle kneads the dough; this process continues for about an hour. The dough is, however, more frequently kneaded with the hands; it is then removed in quantities of about one hundred weight into a vertical cylinder, in which a heavy screw piston works. The perforations at the bottom of the cylinder determine the shape of the macaroni; when the circular holes are very small we have vermicelli. The shape depends entirely on the perforations through which the dough is forced by the piston. It is then taken out to dry gradually, first at a temperature of about 65°, then 70° then 75°, and in a few days—the time depends on the temperature and dryness of the atmosphere, the macaroni is ready for use.

Macaroni is the bread of the Italian workman, and in all ages a deep significance has been attached to bread.

So universal is the use of bread that in one form or another it is made to express the general food by which the life of man is sustained and nourished. Its scarcity has in all ages been regarded as a calamity. Its utility may be gathered from the following :—" Rest

yourselves under the tree, and I will fetch bread to comfort your hearts ;” and four thousand years ago we know that the father of the faithful hastened into the tent to Sarah the princess, and said : “ Make ready quickly three measures of meal, knead it, and make cakes upon the hearth.” It was not, we see, beneath the dignity of Sarah to kindle a fire on the hearth and to set the dough which her own hands had kneaded : nor was it beneath the dignity of Abraham, the friend of God, to stand by his guests under the tree while they did eat the bread which Sarah had prepared.

Peas, beans, lentils or small beans, are the most nutritive of all vegetable substances, and by careful cooking they can be made a valuable addition to our ordinary food. They contain nearly as much carbon (heat-giving food), as wheat, and more than double the amount of nitrogen (flesh-forming food), and can be purchased, therefore, for about one penny per pound ; they are, therefore, a very economic food. The husks are indigestible and should be removed before cooking, or by being made into purées when the husks are left on the sieve. The Pyramids were built, we are informed, by men who lived on lentils, garlic, and water. Lentils, peas, and beans are not so much used in England as on the continent, but there is no reason except the prejudices and ignorance of persons why they should not enter more largely into the food of the labouring classes. By a little careful cooking their raw, uninviting flavour may be removed without impairing their nutritive value, and this is one of the problems for the cookery school to solve. The *Revalenta Arabica* of

Du Barry is chiefly lentil flour. Esau sold his birth-right for a mess of red lentil pottage ; and Pliny says lentils are a good food, and prefer a red soil. In the east and the south of Europe lentils, stewed with oil and garlic, have from the earliest time been much used for food. A dish served to persons of distinction in the time of Pharaoh was composed of lentils. Perhaps the best testimony to the value of this kind of food on health is that given by Daniel, who asked for pulse to eat (a general term for seeds which grow in pods) and for water to drink, instead of the meat and the wine from the table of Nebuchadnezzar, the king of Babylon ; and we are told that after ten days the countenances of Daniel and his companions “appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat.”

TO BOIL MACARONI.

There are several kinds of macaroni, but whatever the name or kind it is all manufactured from the same raw material or paste, and whatever dish you wish to prepare the cooking must always be the same. It should never be soaked in water before boiling. The proper way is to break it into convenient lengths, wipe it with a clean cloth, and plunge it into plenty of boiling water with plenty of salt ; some boil an onion with it to take off the raw flavour. The length of time it will take to cook will be from twelve to twenty-five minutes, according to its age ; newly prepared macaroni does not take more than ten or fifteen minutes. Keep it boiling, try it now and then with the thumb and finger, and as soon as it yields easily

immediately stop the boiling by adding a pint of cold water which should be in readiness ; then drain over a colander, and the macaroni is ready.

MACARONI WITH CHEESE AND BUTTER.

Ingredients.

Macaroni.

Cheese.

Butter.

Boil half a pound of the best macaroni as already described, melt two ounces and a half of butter to a light brown colour, then take a deep gratin tin and lightly cover with some of the melted butter, arrange on the butter a uniform layer of macaroni, then sprinkle with grated cheese, either Parmesan or Gruyere is the best, and pepper and salt, and if you like just a dash of cayenne instead of the pepper, then a layer of butter, about half of what is left, then another layer of macaroni, then grated cheese, and finish by pouring over the surface the remainder of the butter, and put it before a brisk fire or in the oven, and when the top is of a golden brown colour serve on the same dish.

Precautions.—Have your grated cheese and butter ready.

PUFF PASTE.

Ingredients.

Flour.

Butter.

This paste cannot be made with certainty in summer time without a refrigerator, because the butter is liable to become oily. Wash your hands, using a nail brush, and place on a clean paste-board or marble slab one pound of fine sifted flour, make a hollow in the centre of it, then add half a teaspoonful of salt and about half

a pint of water. Mix the flour and water gradually, and when about half mixed sprinkle the paste with a little more water so as to collect all the flour. Work the paste lightly till it ceases to stick either to the board or the fingers. Take three-quarters of a pound of butter, work it in a clean cloth to remove the water. Have the paste about one inch in thickness, place the butter in the centre of it and fold over the four sides of the paste so as to inclose the butter in a square. The paste will now be from two to three inches in thickness. Put it aside for five minutes in a cold place or a refrigerator. Then roll the paste to a length of three feet, fold over from one end one-third of this length and now fold over the other end. There are now three thicknesses of paste of equal lengths, and this folding into three is called one turn. Put the paste aside for ten minutes, then give it two turns, beginning at right angles to the first rolling, then in the same direction as the first rolling. Put it aside for another ten minutes, then give it two more turns, in all five or six turns. Gather the paste into a lump and finish by rolling to the required thickness, about a quarter of an inch.

SHORT PASTE.

Ingredients.

Flour.	Butter.	Loaf-sugar.	Salt.
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Wash your hands and place on a clean paste-board or marble slab one pound of sifted flour, make a hole in the centre and add two tablespoonfuls of pounded loaf-sugar, and half, or better three-quarters, of a pound of butter, previously freed from water. Mix gradually with half a pint of water. Work thoroughly

but lightly with the hands. Roll it into a smooth lump, and, if you have time, it will be the better if put aside for one hour. Then roll it out two or three times, folding over each time, and the paste is ready. If fresh butter has been used, a small pinch of salt may be added.

SUET CRUST.

Ingredients.

Flour.

Suet.

To every pound of flour allow five or six ounces of beef suet. Free the suet from skin and mince it finely, then rub it well into the flour with a pinch of salt; work the whole to a smooth paste with half a pint of water, roll it out, and it is ready. This crust is quite rich enough for most purposes; but when a better one is desired, use from half to three-quarters of a pound of suet to every pound of flour. For rich crusts pound the suet in a mortar, with a small quantity of sweet butter. It should then be laid on the paste in small pieces, the same as for puff crust, and will be found exceedingly good for hot tarts. Five ounces of suet to every pound of flour will make a good crust, and even a quarter of a pound will answer very well where the crust is wanted very plain.

SUET PUDDING.

Put a pound of sifted flour in a basin with half a pound of beef suet, finely chopped; add two eggs, with a pinch of salt and a quarter of a pint of water; beat well together with a wooden spoon, making a rather thick batter; flour a pudding-cloth, and lay it

in a small round-bottomed basin, pour in the mixture, tie the cloth tightly, and put the pudding to boil in boiling water: an hour and a quarter would be sufficient to cook it. When done, remove the cloth, turn the pudding over upon a dish, and serve very hot.

Precautions.—The water must be kept boiling.

PEASE PUDDING.

Ingredients.

Pease.	Butter.	Eggs.
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There are many varieties of peas. I have met with some called marrowy melters, and these are far the best. Soak a pint of peas for ten hours in rain or soft water—the bad ones float and can be removed. Drain them and tie them up loosely in a clean cloth and put them into plenty of cold rain water, let them come to the boil, and then simmer till the peas are tender; the time will vary with the kind of peas, but never less than two hours. Drain them over a colander and pass them through a clean wire sieve. Season the pulp with pepper and salt, beat up one or two eggs with an ounce of sweet butter, and stir it into the pulp. Thoroughly mix with a wooden spoon. Have a clean cloth, and tightly tie up the pudding. Let it boil for another half hour. Turn it on to a dish and serve. This is usually served with fat pork, and is a very sensible and nutritious dish for working people.

Precautions.—Be careful in the selection of the peas, and be sure that they are soft enough to pulp before turning them out.

ROLY-POLY PUDDING.

Ingredients.

Flour.	Suet.	Jam.
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Make a nice light suet crust and roll it out to the thickness of about half an inch. Spread jam, or currants and treacle, equally over it, leaving a small margin of paste without any treacle. Roll it up, fasten the ends securely, and tie it in a floured cloth; then put the pudding into boiling water and boil for two or three hours.

Precautions.— Fresh suet and a light crust are necessary.

A TREACLE PUDDING.

Ingredients.

Treacle.	Suet.	Milk.
Lemon.		Flour.

Take a quarter of a pound of suet, half a pound of flour, half a pound of treacle, a teaspoonful of pounded loaf-sugar, and the juice of half a lemon, mix all together in a large basin, with sufficient milk to form a thick batter. Tie it up in a floured cloth with plenty of room to swell, and boil for three hours.

Precautions.— It is necessary that the pudding should be thoroughly boiled.

APPLE PUDDING.

Ingredients.

Flour.	Suet.	Apples.	Lemon
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Take a basin, butter it, and line it with a suet crust; pare, core, and cut the apples into pieces and fill the

basin with them, with sugar according to taste ; add one small teaspoonful of finely minced lemon-peel, one tablespoonful of lemon juice, and cover with crust ; close the edges well together, flour the cloth, and tie it securely over the pudding, and put it into plenty of boiling water. Let it boil from one and a half to two and a half hours, according to the size, then turn it out of the basin and send to table quickly. Apple pudding does not suffer by being boiled an extra hour, if care be taken to keep it well covered with the water all the time.

Precautions.—The water must be kept constantly boiling, and if more is added let it be boiling water.

BAKED BATTER PUDDING.

Ingredients.

Eggs.	Milk.	Flour.
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Take six ounces of fine flour, three eggs, and a pinch of salt ; add by degrees as much milk as will when well beaten make it the consistence of thick cream ; pour into a pudding-dish, and bake three-quarters of an hour ; or it may be boiled in a basin, or tied up in a cloth. It will require two hours' boiling.

Precautions.—The milk should be added gradually.

YORKSHIRE PUDDING.

Ingredients.

Eggs.	Flour.	Milk.
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Use for every egg as much flour as a tablespoon will carry, and a small pinch of salt. Whisk the eggs well, strain and mix them gradually with the flour, then pour in by degrees as much new milk as will

reduce the batter to the consistence of rather thin cream. The tin or pan which is to receive the pudding must have been placed for some time previously under a joint which has been put down to roast ; one of beef is usually preferred. Beat the batter briskly and lightly the instant before it is poured into the pan, watch it carefully that it may not burn, and let the edges have an equal share of the fire. When the pudding is quite firm in every part and well coloured on the surface, turn it to brown on the under side. This is best accomplished by first dividing it into quarters. In Yorkshire it is made much thinner than in the South, roasted generally before an enormous fire, and *not* turned at all : currants are sometimes added to it. This pudding should be quite an inch thick when it is browned on both sides, but only half the thickness when roasted in the Yorkshire manner.

Precautions.—Be careful in mixing the batter, which should be rather more liquid than for a boiled pudding.

STEAK PUDDING.

Ingredients.

Rump or beef steak.

Oysters.

Take a pound of flour and half a pound of beef suet very finely chopped, and mix together ; make a hole in the middle, into which put a teaspoonful of salt and enough water to form a stiffish paste ; mix it well together, using a little more flour to dry it and prevent its sticking ; then lightly butter the interior of a round-bottomed pudding basin, roll out two-thirds of the paste to half an inch in thickness, with which line the basin ; have ready cut into slices, about the

size of the palm of the hand and a quarter of an inch in thickness, two pounds of a rump or beefsteak with a little of the fat included; lay the pieces upon a dish, season with two teaspoonfuls of salt and one of black pepper, sprinkle a little flour over, move them about a little until each piece is well covered with flour and seasoning; then lay them within the paste, also putting in whatever seasoning may remain upon the dish; a dozen oysters, blanchd and with beards removed, is an excellent addition; pour a gill of water over, moisten the edges of the paste, then roll out the remainder of the paste to form a lid, which place over, pressing it down with the thumb; tie the basin in a pudding-cloth, and put it into a saucepan containing about a gallon of boiling water, and keep continually boiling for nearly two hours, adding a little more boiling water occasionally to keep up the quantity; then take it up, untie the cloth, run a sharp pointed skewer into the pudding, and if the meat feels tender it is done (if not it will require more boiling); turn it over upon your dish, lift the basin carefully from it, and serve.

Precautions.—The steak must be tender, or made so with a kreatone (see page 76), the pudding well boiled, and the basin not too full.

PIGEON PIE.

Ingredients.

Pigeons.	Eggs.	Steak.	Puff paste.
Mushrooms.		Stock.	Eschalot.
		Parsley.	

Prepare three or four house pigeons and take half a pound of tender beefsteak, cut into convenient pieces,

lightly fry the steak first, and then the pigeons, in a clean stewpan with a little butter, season with chopped mushrooms, one eschalot, a little parsley, and pepper and salt. Place the steak at the bottom of the dish, upon this place the halves of the pigeons, rinse out the stewpan in which the things have been fried with half a pint of stock or water, and strain into the dish ; add the yolks only of five hard-boiled eggs, cover with a puff paste, and bake for an hour and a quarter in a moderate oven.

Precautions.—The pigeons must be young and the steak tender, and do not fry too long in the butter.

GIBLET PIE.

Ingredients.

Giblets.	Bay-leaf.	Butter.	Paste.
Onion.			Steak.

Clean and blanch the giblets (except the liver), and put them, with the wings, feet, head, and neck, in boiling water ; and remove the skin from the feet and beak. Put into a stewpan a piece of butter the size of a walnut, one onion cut in slices, a bay-leaf, a little salt, pepper, and sugar : place them on the fire until the onion is brown ; put in the giblets with the head cut in two, let them remain on the fire for about three minutes, stirring them round ; then add nearly a quart of boiling water, and let them stew gently for two hours ; remove from the fire and let them get cold. Take a pic-dish and place a piece of steak on the bottom, then place over that the giblets with the liver, and steak again over them ; add the liquor the giblets were stewed in, season and cover with good paste.

Precautions.—The giblets must be fresh and well stewed.

SQUAB PIE.

Ingredients.

Mutton cutlets.

Onions.

Apples.

Trim part of the fat off some mutton cutlets, and season them with pepper and salt, place them in a pie-dish, and cover with a layer of sliced apples sprinkled with sugar and chopped onions, previously blanched; if the pie is large, arrange another layer of cutlets, and again cover with onions and apples, then cover with a good suet crust and bake. When done, pour out all the gravy at the side, remove the fat, and add a spoonful of mushroom-ketchup to the liquor, and return it to the pie.

Precautions.—The fat must be well removed from the gravy.

RUMPSTEAK PIE.

Ingredients.

Rump-steak.

Eschalots.

Ketchup.

Stock.

Oysters.

Paste.

Take three pounds of tender rump steak, cut it into pieces half the size of your hand, trim off all the skin, the sinews, and every part which cannot be eaten, and beat the steak with a chopper or a kreatone. Chop very finely half-a-dozen eschalots, and mix them with half an ounce of pepper and salt, strew some of the mixture at the bottom of the dish, then a layer of steak, then some more of the mixture, and so on till the dish is full; add half a gill of mushroom-ketchup and the same quantity of rich stock; cover it with a

good paste, and bake it two hours. Large oysters, blanched, bearded, and laid alternately with the steak, is a great improvement, and the liquor in which they were blanched, when reduced, may be used instead of the ketchup or stock.

Precautions.—The steak must be tender or made so by beating.

VEAL AND HAM PIE (1.)

Ingredients.

Veal.	Boiled ham.	Bacon.
Spices.		Sweet herbs.

Take a pound of boiled ham and three pounds of lean veal, or veal cutlets, and put aside three-quarters of a pound of the veal. This will leave two pounds and a quarter, which should be larded with fat bacon; remove all the skin and gristle and put with the smaller quantity of veal.

PREPARE A FORCEMEAT.

Remove the rind, gristle, bone, and brown parts from three-quarters of a pound of fat bacon, take the three-quarters of a pound of veal previously set aside, with any trimmings, mince them very finely, and add a good dessert-spoonful of spiced salt (see page 27). Work all these well together in a mortar till it is of a rather stiff paste, and put it aside in a basin.

Make a short paste and line the inside of a plain oval pie mould. Now arrange a layer of the forcemeat on the paste at the bottom of the mould; use about one-fourth. Then a layer of rashers of

ham ; then another layer of forcemeat ; then the veal, cut into convenient pieces. Sprinkle over with spiced salt. Now another layer of forcemeat, then rashers of ham, then forcemeat. Cover the surface with three rashers of fat bacon and a bay-leaf ; cover with paste, and bake for two hours in a moderate oven, covering the top with a piece of buttered paper. A fine plated skewer thrust in will enable you to judge when the meat is sufficiently baked. If the spice is to hand this pie is no more trouble, nor does it take more time, than an ordinary veal and ham pie, and is much better.

Precautions.—The chief point to be borne in mind is not to have it too highly seasoned, and the meat should be free from gristle and skin.

VEAL AND HAM PIE (2.)

Ingredients.

Veal.	Ham.	Stock.	Mushrooms.
Parsley.	Ketchup.	Eggs.	Lemon.

Take about two pounds of lean veal, from the breast or fillet, free it from fat, skin, bone, and gristle, and three-quarters of a pound of ham or bacon, in thin rashers free from rind and coarse parts. Cut these in convenient pieces. Prepare a short or puff paste and line the dish. Mince finely half-a-dozen button mushrooms, a sprig of parsley, and sweat these in a clean stewpan with an ounce of butter and a little flour ; add a gill or half a pint of good stock, or in default water, and a dessert-spoonful of ketchup. Bring these slowly to the boil and stand it aside. Prepare three

hard boiled eggs and cut them into dice ; if preferred use only the yolks. Now arrange the meat, a layer of veal, then ham, and so on, finishing with ham mingled with the egg (some use a little grated lemon-peel, others add oysters, sweetbreads, mushrooms, &c.). The pie may be made rich and savoury in a dozen ways, according to taste. Finish the pie and strain through the hole at the top all but a wine-glassful of the gravy ; cover the hole with an ornamental piece of paste and bake. When ready remove the ornament at the top, make the remainder of the gravy very hot and strain it in, cover the hole again and serve.

Precautions.—In meat pies it is essential the meat should be tender and free from skin and gristle.

RISSOLES.

Ingredients.

Minced meat. Puff paste. Hot fat.

Take the trimmings of puff paste ; roll the paste out to the thickness of a penny piece ; place small balls of meat (the same as those prepared for croquets, page 107), and put them at distances of two inches from each other ; moisten the paste round these balls of meat with a brush dipped in water ; fold the flap of the front part of the paste over the balls, just as you would fold a sheet of paper lengthwise ; press all round them with the edge of the thumb ; cut them out with a fluted round tin cutter, and place them on a dish sprinkled with flour : having cut out a sufficient number, fry them in hot fat, at 385° , and serve up with fried parsley on a napkin.

The difference between a croquet and a rissole is this,—the rissole is always fried in a paste, the croquet in egg and bread-crumbs.

Precautions.—Take care to have a good paste and the rissoles neatly made.

OPEN JAM TARTS.

Ingredients.

Puff, or Short paste.

Jam.

All fruit pies and tarts require a light, good crust. Take an open tart mould and line it with paste about a quarter of an inch in thickness. Make a few holes in the bottom; this is to prevent the paste puffing up in the centre. Bake in a brisk oven ten or fifteen minutes. Let the paste cool, then add the preserve, but if the tart is to be served hot, warm the jam in a clean stewpan and add at once. The tart may be decorated with leaves, flowers, or stars, cut out of the paste and baked. It is not desirable to bake the jam in the tart; it spoils its flavour and appearance.

Precautions.—A good oven is essential for all fruit pastry.

APPLE PIE.

Ingredients.

Apples.

Puff paste.

Prepare the apples, by peeling and removing the cores, and cutting them into eight pieces, moisten the edge of the dish with a little butter and lay a slip of puff paste round it. Arrange a layer of apples at the bottom, then sugar, and flavour with cinnamon, cloves, lemon-peel, orange-peel, candied citron, or whatever

flavouring you prefer; a little quince is a great improvement. Keep adding the apples till the dish is full and well heaped up in the centre. Cover with puff paste and decorate the top. Cream is a good addition to apple pie.

Precautions.—In baking pies and tarts a light crust is essential.

PLAIN CAKE.

Ingredients.

Paste. Eggs. Dripping. Currants.

Take half a quartern of common paste, four eggs, a quarter of a pound of sugar, a quarter of a pound of butter (or dripping), a quarter of a pound of currants, carefully washed and dried, and a little salt. Break the paste lightly in a basin, put in the sugar, the butter, and two eggs, thoroughly mix the whole together, then add the other two eggs, one at a time, work the mixture well, and, lastly, work in the currants. Fill a plain mould, previously buttered, with the mixture, and set it in a warm place to rise. As soon as it has risen put it into a moderate oven to bake to a brown colour.

Precautions.—The chief thing is to carefully mix the ingredients.

SEED CAKE.

Ingredients.

Sugar.	Ginger.	Yeast.	Nutmeg.
Milk.	Carraway seeds.		Allspice.

Mix a half pound of pounded loaf-sugar with two pounds of flour in a large bowl or pan. Make a hole in the centre, and pour into it a half pint of lukewarm milk and two spoonfuls of yeast. Draw a little of the

surrounding flour into this, and throwing a cloth over the vessel, set it in a warm place for an hour or two. Then add half a pound of butter just liquefied, an ounce of carraway seeds, a little allspice, ginger, and very little nutmeg, and milk sufficient to make the whole of a proper stiffness. Mix it thoroughly ; butter a plain mould, and pour in the mixture ; let it stand half an hour at the mouth of the oven to rise, and then bake it.

Precautions.—Be careful to prove your yeast before using it.

GINGER CAKES.

Ingredients.

Flour.	Fresh butter.	Pounded loaf-sugar.
Ground Jamaica ginger.		Eggs.

Take one pound of flour, twelve ounces of fresh butter, twelve ounces of pounded loaf-sugar, two ounces of best ground ginger, add the yolks of eight eggs. Work the whole of these together on a paste board or slab, and after having gathered the paste up into a compact mass, separate it by cutting with a round patty cutter, and then place them on a slightly buttered baking sheet. Bake them to a light brown colour in a moderate oven.

Precautions.—The ingredients must be thoroughly well mixed.

SNOW EGGS.

Ingredients.

Milk.	Eggs.	Vanilla.	Pounded loaf-sugar.
		Hundreds and thousands.	

Take half-a-dozen eggs, separate the yolks, and put them aside ; whisk the whites to a stiff froth, with

a tablespoonful of powdered lump-sugar. Take one quart of milk, sweeten it to taste, and bring it nearly to the boil; then take two dessert spoons and shape the white of the egg and drop them one by one on to the milk, which should now be on the point of boiling without boiling; when the eggs are set on one side, turn them over; a few seconds will be sufficient; take them out and drain on a sieve. When all the egg froth is used, strain the milk into a stewpan; let it get cold, and then mix gradually with it the yolks of the half dozen eggs with a little vanilla or lemon, or any flavouring you like. Put the stewpan containing the milk and the yolks of eggs into a saucepan of hot water, rising about two-thirds the height of the inner vessel, and keep stirring over the fire till the custard thickens. This is in fact a bain-marie, like a carpenter's glue pot. Pile up the eggs on a dish, and as soon as you observe small lumps on the side of the stewpan containing the custard, remove it instantly from the fire, and pour it round the eggs. Sprinkle the surface with "hundreds and thousands."

Precautions.—Fresh eggs and new milk are essential, and the custard must on no account be allowed to boil.

CUSTARDS.

Ingredients.

Eggs.	Loaf-sugar.	Milk.
Bay-leaf.		Lemon.

A pint of new milk, three ounces of loaf-sugar, and the thin rind of half a lemon are to be boiled in a clean enamelled saucepan for three minutes; take it off the

fire for five minutes ; beat up eight eggs, leaving out the whites of four of them, add the milk to the eggs, stirring quickly as it is poured in. Strain the custard into the saucepan, and stir with a wooden spoon over a gentle fire till it begins to thicken ; then strain through a fine sieve into a basin.

Precautions.—The custard should not be flavoured too strongly, and never cease stirring. Watch for the small lumps on the side of the pan (this is the commencement of boiling), and remove immediately.

ORANGE CUSTARD PUDDING.

Ingredients.

Eggs. Loaf-sugar. Orange-peel. Milk.

Beat up, as for an omelette (page 186), four eggs, with four ounces of powdered loaf-sugar, and one pint and a half of milk previously boiled and allowed to cool, then add the grated peel of one orange, beat all up together, strain into a shallow pie-dish, and put into a moderate oven to bake. The safer way is to put the dish containing the custard into a tin dish, with boiling water coming two-thirds of the way up the dish containing the custard, then put it into a moderate oven for twenty minutes, and if at the end of this time it is not sufficiently firm, let it remain till it is so. When cold, sprinkle over the pudding powdered loaf-sugar.

Precautions.—The materials should be well mixed, but not too much beaten ; if the custard is baked without putting it into another dish with water, then the dish containing the custard should be shallow.

LEMON CUSTARD PUDDING.

Prepare in the same way, using lemon-peel instead of orange.

BAIN-MARIE PUDDING.

Ingredients.

New milk.	Pounded loaf-sugar.	Eggs.
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Take a quart of new milk, and add six ounces of pounded loaf-sugar. Put the sweetened milk into a clean stewpan, and reduce to one pint. When reduced, put aside one gill for the sauce. When the milk is nearly cold, mix gradually the yolks of five eggs and the whites of three. Strain into a mould, and steam it for half-an-hour in a stewpan with boiling water, taking care the water does not enter the mould. Take it out and let it stand for a few minutes before turning out. Put the gill of milk into a stewpan, add the juice of any delicate fruit, let it come to the boil, stir in a little cream, and pour over the pudding.

Precautions.—The careful preparation of the sauce is most important.

MARMALADE PUDDING.

Ingredients.

Suet.	Bread.	Marmalade.
Eggs.		Sugar.

Take four ounces of suet chopped finely, four ounces of grated bread crumbs, four ounces of moist sugar, four ounces of marmalade, mix these ingredients well together with three eggs, allow the mixture to stand for an hour. Butter an earthenware mould, put in the mixture, and lay a buttered paper on the top, tie it

over with a cloth, and boil for two hours. When turned out, sprinkle it over with powdered loaf-sugar.

Precautions.—Do not let the water come over the top of mould.

LEMON PUDDING.

Ingredients.

Lemons.

Sugar.

Short paste.

Take two fresh lemons and three ounces of moist sugar, grate the rind off the lemons into a basin with the sugar, squeeze all the juice out, and mix together. Line a shallow tin with short paste, about a quarter of an inch in thickness, then spread over it some of the mixture, then another layer of paste, then some more of the mixture, and a thin layer of paste to cover; bake in a quick oven, and serve hot.

Precautions.—Be very careful that the lemons are fresh, and have a clear good rind.

BAKED RICE PUDDING.

Ingredients.

Rice.

Eggs.

Milk.

Nutmeg.

Sugar.

Wash in two or three waters four heaped table-spoonfuls of rice, and boil it in a pint and a half of new milk for half-an-hour, stir in two tablespoonfuls of pounded loaf-sugar, and flavour with anything you like, let it get cold, then add two well-beaten eggs, butter a pie-dish, put in the pudding, grate a little nutmeg over the top, and bake in a moderate oven for half-an-hour.

Precautions.—The pudding should be baked quickly.

RICE SOUFFLE.

Ingredients.

Milk.	Pounded loaf-sugar.	Orange-flower water.
	Eggs.	Rice.

Boil in a quart of milk six tablespoonfuls of rice with two tablespoonfuls of orange-flower water and six ounces of pounded loaf-sugar. Take six fresh eggs and separate the yolks from the whites; stir in one yolk, then another, till they are all used, and three ounces of butter in parts of one ounce each; stir with a wooden spoon so as to thoroughly mix the ingredients, and continue stirring till the rice is tender and sufficiently thickened. Well whisk the whites of the eggs till they are very stiff; if these are insufficiently beaten the souffle will never rise. Take the stewpan aside, and let the contents cool a little, then add the whites and mix them quickly with the rice. Have ready a warm tin or souffle-dish slightly buttered, pour in the souffle mixture, sprinkle with pounded loaf-sugar, and put it into a rather brisk oven for seven or ten minutes; a straw run through will indicate when it is sufficiently baked. Serve very hot with a napkin round the tin.

Precautions.—A clean stewpan, the proper whisking of the eggs, and a good oven, are all necessary to success.

APPLE AND RICE MERINGUE.

Ingredients.

Rice.	Cloves.	Cinnamon.	Lemon.
Eggs.	Sugar.	Milk.	Apples.

Peel six apples, core them, cut them in pieces, and place them in a stewpan with half-a-pint of water, four

ounces of loaf-sugar, a few cloves, and a little cinnamon, and let them boil gently till they become quite soft, remove the apples, and let the syrup boil away till it is reduced to three tablespoonfuls, then strain it over the apples. Boil half a pound of rice, drain off the water, and add one pint of milk, four ounces of pounded loaf-sugar, and the thin rind of a lemon. When the rice has absorbed all the milk, let it get cold, then remove the lemon-rind and work into the rice the yolks of three or four eggs. Put the whites aside in a basin to whip up. Then make a shallow wall of rice round the dish in which it is to be served, place the apples in the centre, and cover the whole with the whites of the eggs beaten up with a tablespoonful of powdered lump-sugar, into a stiff froth, neatly plaster over the whole surface; sprinkle powdered sugar over and bake about fifteen minutes till the surface is nicely browned. Gooseberries or other fruit may be substituted for apples.

Precautions.—Use the best rice, and spread the whites of the eggs neatly over the surface.

APPLE CHARLOTTE.

Ingredients.

Apples.	Bread.	Sugar.	Butter.
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Peel fifteen Ribston or Blenheim pippins, slice them, remove the cores, and put them for ten minutes into cold water, to which has been added the juice of half a lemon. Then put them in a clean stewpan over a moderate fire with half a pound of loaf-sugar and a little cinnamon; cover the stewpan and occasionally shake it and stir the apples. When quite soft

and pulpy pass them through a tammy. Cut the crumb of some stale bread into slices of about a quarter of an inch in thickness, cut out a centre-piece to cover the bottom of a mould, then cut some heart-shaped, or other fancy forms, and dip each of them on one side in melted butter as they are wanted, beginning with the large piece, which place at the bottom of the mould, and arrange the heart-shaped pieces round it, overlapping one another, and with the points resting on the piece at the bottom. Cut the remainder of the slices of bread into strips one and a half inch wide, and of the height of the mould; dip them in butter, and stand them all round the mould, also overlapping one another like feather-edged boarding; fill the centre with the cooked apples, and put the charlotte in the oven until the bread is well coloured. Turn the charlotte out of the mould on to a dish, glaze it over with some boiled apricot jam, and serve.

Precautions.—Every part of the mould must be well covered with bread and butter or the charlotte will not turn out.

CHARLOTTE RUSSE.

Ingredients.

Apples.

Cinnamon.

Butter.

Red currant jelly.

Finger biscuits.

Peel and core twelve large pippins and cook them as just described for apple charlotte. Melt a little sweet butter, and well cover the inside of the mould, using a brush. Line the mould with finger biscuits, and fill it up with the apples. Make a hole in the centre ;

this is best done by standing a clean glass bottle in the mould, remove the bottle and fill up with red currant jelly or apricot jam. Cover with finger biscuits and put the mould into a good oven for five or seven minutes. Turn the charlotte on a dish and serve hot.

Precautions.—Be very particular to well cover the mould with butter and biscuits, so that none of the fruit comes into contact with the mould.

GOOSEBERRY FOOL.

Ingredients.

Sugar.	Cream.	Gooseberries.
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Put the picked fruit with half a pint of water into a stewpan with pounded loaf-sugar, and set it over a stove, or in boiling water, till the fruit will pulp, pass it through a hair sieve and mix the *purée* by degrees with cream, or with a plain custard.

Precautions.—Green gooseberries are to be preferred.

GOOSEBERRY TRIFLE.

Ingredients.

Gooseberries.	Cream.	Milk.
Pounded loaf-sugar.		Eggs.

Scald a quart of green gooseberries and pass the pulp through a sieve, sweeten with pounded loaf-sugar, make a thick layer with the gooseberries at the bottom of a rather deep dish, or trifle dish. Mix half a pint of milk which has been scalded and allowed to cool with half a pint of cream and the yolks of two fresh eggs, stir well together, and put the mixture into a clean stewpan or saucepan, continue stirring, but do

not allow it to boil; add sugar to taste, and set it aside to cool in a basin. When cold, lay this over the gooseberries with a spoon, and cover it with a very high whip of white of egg.

Precautions.—If the custard boils it is spoilt. Watch for the formation of small solid bodies on the sides of the stewpan and remove it instantly, and pour the contents into a basin. This is the commencement of curdling.

THE PREPARATION OF OMELETTES.

LECTURE DELIVERED BEFORE HER MAJESTY AT THE
SCHOOL OF COOKERY.

May it please your Majesty:—

The specimen of cooking which is now to be presented takes only five minutes, and is within the reach of almost the poorest of your Majesty's subjects. The materials cost fourpence, and they furnish a savoury and nourishing dish. The omelette is seldom properly cooked even in France, which gives it its name. It is never found in the homes of the poor in this country, and in the houses of the rich it is often very badly prepared. There is no occasion for an omelette pan and spoon. The ordinary frying-pan and spoon found in every house will answer perfectly well. And we endeavour to show in this school not only the best and the most economic methods of domestic cooking, but the various uses to which kitchen utensils may be fairly applied without injury.

A PLAIN OMELETTE.

We must be careful that the frying-pan is thoroughly

clean, and free from moisture. Cleanliness brings with it habits of domestic order, which are among the first and best methods of happiness in every household.

Place in the frying-pan about one ounce of sweet butter. We use gas stoves in our cooking, and duplicate all our operations, so that the public may have a better opportunity of seeing; but what we do at these gas stoves we can also do at an ordinary kitchen fireplace. Break three eggs separately to see that they are fresh, beat them up with a little chopped parsley and a pinch of pepper and salt. The eggs should not be beaten too much (about four seconds will be sufficient), or the white separates, and you produce a watery mixture, which destroys the flavour and appearance of the omelette. Now that the butter is melted and in a state of froth, pour into the frying-pan the omelette mixture, and stir till it begins to set or thicken; shake the pan occasionally, and when sufficiently firm, fold the omelette over neatly into an oval shape, strike the handle of the frying-pan so as to produce a gentle vibration, which keeps the omelette detached from the pan, and when the omelette is of a golden colour turn it quickly into a dish. To be able to prepare a plain omelette is to be able to prepare every kind of omelette. The chief thing to be borne in mind in cooking an omelette, is that the mixture does not adhere to the frying-pan.

A CHEESE OMELETTE.

If you require a cheese omelette introduce, into the omelette mixture about a dessert-spoonful of grated

Parmesan cheese, with a little pepper and salt, and sometimes a few grains of cayenne pepper; sprinkle the omelette when it is turned out with a little grated cheese.

A SWEET OMELETTE.

Beat up a teaspoonful of pounded loaf-sugar with the eggs, and just before the omelette is ready, distribute evenly over it a little jam, and fold the omelette over it; turn it into a hot dish, and sprinkle it with pounded loaf-sugar.

A BACON OMELETTE.

A few pieces of previously cooked bacon cut into small dice, added just before folding the omelette, and so on; for the principle is the same for all omelettes.

In preparing an omelette, remember five things: (1) that you have a clean pan, (2) that the eggs are not too much beaten, (3) that the omelette is not too large (three or four eggs), (4) that it is quickly cooked, and (5) that it is eaten immediately.

To make simple food wholesome and palatable by cooking was a duty imposed on man from the very earliest period of his civilization. An abundant supply of food, and the proper preparation of it by cooking, are matters intimately connected with the physical well-being and happiness of your Majesty's subjects, and from a long and close connection with the working classes, through their schools, clubs, and institutes, I may be permitted to say, that the interest which your Majesty has shown in this School of Popular Cookery

will be very valuable and gratefully appreciated by all classes of your Majesty's subjects.

OMELETTE SOUFFLE.

Ingredients.

Eggs.	Cream.	Pounded loaf-sugar.	Jam.
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Take three eggs, separate the yolks from the whites, and turn the yolks into one basin and the whites into another. Add to the yolks a dessert-spoonful of pounded loaf-sugar and a tablespoonful of cream, stir these together with a wooden spoon. Whip the whites for four minutes into a stiffish froth, then add them to the yolks, and mix altogether same as for an omelette. Have ready in a state of froth about half an ounce of butter in a small clean frying-pan. Pour in the mixture, and proceed in precisely the same way as for a sweet omelette (see page 185). The only difference between a plain omelette and an omelette soufflé is that cream is used, and the whites are whipped, and added to the mixture for a soufflé.

Precautions.—Keep the mixture free from the pan while cooking.

PANCAKES.

Ingredients.

Milk.	Pounded loaf-sugar.	Flour.
Eggs.	Lemon.	Butter.

Melt in the frying-pan a little butter, and wipe it out with a cloth. Beat up five eggs in a large basin with one ounce of pounded loaf-sugar and a little salt, add half a pound of flour, and thoroughly mix them, stir in a quarter of a pound of butter melted to

the consistency of cream, and five gills of milk. Melt a little butter in the frying-pan till it covers the pan and froths, now add sufficient batter to cover the pan, fry the pancake to a light brown on both sides, sprinkle it with pounded loaf-sugar, and serve hot with sliced lemon.

Precautions.—Be careful to have good butter and attend to the frying.

VEGETABLES.

All vegetables intended for boiling should be well washed, but not soaked, in water; a little vinegar in the water will be more effectual in removing insects than salt. Green vegetables should have plenty of room, and be plunged into boiling water with a small teaspoonful of pounded loaf-sugar. The saucepan should be uncovered and the contents occasionally skimmed, and the vegetables should not remain in the water an instant after they are cooked.

We do not attach sufficient importance to vegetables; they may be prepared in different ways, and eaten as separate dishes. In other countries they form quite a distinct part of the dinner. It is sometimes said that plain boiled vegetables are best; but this would also apply to plain boiled meat and fish. Carefully cooked vegetables are more wholesome and digestible. Very few vegetables can be eaten with safety without cooking, and if some of the following recipes are rather more expensive they may often economically replace meat, which is now the most costly thing on a table.

POTATOES, PLAIN BOILED.

Ingredients.

Potatoes.

To boil potatoes properly they should all be of the same sort, and as nearly as possible of the same size. Wash off the dirt, and scrub them very clean with a hard brush, but neither scoop nor apply a knife to them in any way, even to clear the eyes. Rinse them well, and arrange them compactly in a saucepan so that they may not lie loose in the water, and that a small quantity may be sufficient to cover them. Pour the water in cold, and when it boils throw in one large teaspoonful of salt to each quart of water, and simmer the potatoes until they are nearly done, but for the last two or three minutes let them boil rapidly. When they are tender quite through, which may be known by probing them with a fork, pour all the water from them immediately, lift the lid of the saucepan to allow the steam to escape, and place them by the side of the fire until the moisture has entirely evaporated ; then peel and send them to table as quickly as possible, either in a hot napkin or in a dish of which the cover is so placed that the steam may pass off. There should be no delay in serving after they are once taken from the fire. Irish families always prefer them served in their skins. Some kinds will be sufficiently boiled in twenty minutes ; others in not less than three-quarters of an hour.

Precautions.—Pour away the water as soon as the potatoes are cooked, and dry them.

MASHED POTATOES.

Ingredients.

Potatoes.	Cream.	Butter.
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Boil or steam the potatoes half-an-hour, turn them into a basin, and with a wooden spoon bruise them to flour ; to three pounds of potatoes add a teaspoonful of salt, three ounces of fresh butter, and a gill of cream or hot milk. Stand the basin in a saucepan of boiling water, and beat the potatoes for five minutes. Serve on a very hot dish, either in a rough cone-shape or smoothed over with a knife.

Precautions.—The potatoes should be well mixed with the butter and cream.

POTATOES WITH MILK.

Ingredients.

Potatoes.	Milk.	Cream.
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Have ready some boiled potatoes, and when nearly cold cut them into slices and cover them with a clean cloth. Take a stewpan and melt three ounces of butter with two ounces of flour, stir with a wooden spoon, and add gradually a gill of warm milk ; season with pepper and salt and a little grated nutmeg. When the sauce comes to the boil put in the sliced potatoes, and let them gently boil for about fifteen minutes, then stand the stewpan aside. Mix the yolks of two eggs with a gill of cream and pour into the stewpan, stirring till it becomes thick. Turn it on to a hot dish and serve.

Precautions.—Take care to prepare the sauce carefully.

POTATOES AND SPINACH.

Ingredients.

Potatoes. Spinach.

Boil a pound of potatoes and mash them. Have ready the same quantity of boiled spinach, chop it up, and thoroughly mix with the potatoes; add salt, pepper, a little grated nutmeg, and three ounces of sweet butter. Work the whole together, put it into a pie-dish and bake. When the top is of a nice brown colour, it is ready.

Precautions.—The ingredients should be well mixed before baking.

POTATOES AND BACON.

Ingredients.

Potatoes. Bacon. Bouquet garni.

Take half a pound of bacon, scrape it, and cut it into half-inch dice. Put the pieces into a stewpan with three ounces of sweet dripping or butter; let the bacon brown lightly. Then add a tablespoonful of flour, and when thoroughly mixed add a pint of hot water, or, better, stock, and a bouquet garni, with a clove of garlic. Cover the stewpan and let the contents come to the boil. Wash and peel about a pound of good potatoes (the kidney variety is the best), slice them in pieces about a quarter of an inch in thickness. Cover the stewpan and let the potatoes boil till they are cooked. Take out the seasoning and serve.

Precautions.—Good potatoes and careful preparation of the sauce is essential.

POTATO SOUFFLE.

Ingredients.

Potatoes.	Eggs.	Parmesan cheese.
	Gruyere cheese.	

Boil six large potatoes and mash them with three ounces of sweet butter, a little pepper and salt, and four ounces of grated cheese (half Parmesan and half Gruyere is the best mixture), add the yolks of four eggs and the whites, previously whisked to a rather stiff paste. Mix these thoroughly and put into a pie-dish and bake. When the top is nicely browned in the oven it is ready.

Precautions.—The ingredients should be thoroughly mixed before baking and the whites well whisked before mixing.

FRIED POTATO CHIPS.

Ingredients.

Potatoes. Hot fat.

Peel six large potatoes, and cut them in slices each an eighth of an inch in thickness; wash and dry them in a cloth. Melt your frying fat over a brisk fire, and when the temperature rises to 385° throw the potatoes in; stir with the skimmer occasionally to secure an even cooking; eight or ten minutes' frying will be sufficient. Drain them on a wire sieve, sprinkle with salt, and serve. When potatoes are required very crisp, let them fry three or four minutes longer.

Precautions.—Do not put in too many potato chips or the fat will fall too low for frying. A slight increase of temperature while the potatoes are frying is desirable.

FRIED POTATOES AND ONIONS.

*Ingredients.*Onions.
Lemon.

Potatoes.

Parsley.
Butter.

The remains of cold potatoes may be used thus :— Put two ounces of butter and one of oil in a frying-pan, in which fry three sliced onions ; put on the potatoes, cut in thin slices each about the thickness of half-a-crown, and toss them now and then until they have a nice yellow colour ; add a spoonful of chopped parsley, salt, pepper, and the juice of a lemon. Shake the pan well that they may mix thoroughly together dish, and serve very hot.

An excellent dish to serve with a chop, a steak, or a joint.

Precautions.—A clean frying-pan and good oil are essential.

POTATO CROQUETS.

*Ingredients.*Mashed potatoes.
Spice.

Egg.

Parsley.
Hot fat.

Cold mashed potatoes may be used up as croquets. Stir an egg or two into your potatoes, add a little spice, pepper and salt to taste, and some minced parsley ; mix well, and roll the mixture into balls, or the shape of corks ; cover with egg and bread-crumbs ; and fry to a nice golden colour in hot fat, and garnish with fried parsley.

Precautions.—Careful frying of the croquets to a nice colour is essential.

CAULIFLOWERS.

Ingredients.

Cauliflowers.

Pounded loaf-sugar.

Wash the cauliflower thoroughly clean, and remove the coarse outer leaves, split the stalk into four by cutting it across, but not deep enough to separate the flower. Plunge it flower downwards into plenty of boiling water with a teaspoonful of sugar and salt; keep the saucepan-lid off, and skim; when it is cooked (which will be in about ten or fifteen minutes), remove the cauliflower carefully with a slice, and drain on a sieve.

Precautions.—Plenty of boiling water and plenty of room are essential.

CAULIFLOWER AU GRATIN.

Ingredients.

Cauliflower.

Cheese.

Butter.

Mustard.

Boil the cauliflower; divide it into pieces the size of a walnut, leaving out the stem and leaves. Grate two ounces of Parmesan cheese, and mix it with a tablespoonful of flour of mustard, a saltspoonful of white pepper, and half a grain of cayenne; dip each piece of cauliflower into the mixture, and place them flower upwards closely on a flat dish; strew over the top the remainder of the cheese; melt two ounces of butter and pour over it; bake in a quick oven for a quarter of an hour, and serve immediately.

Precautions.—Be careful the butter is sweet, and not of too brown a colour.

SPINACH.

Ingredients.

Spinach.

Butter.

Pick and wash perfectly clean two or three pounds of spinach; put it into a saucepan with a very little water, and let it boil till quite done. Turn the spinach on to a colander to drain, squeeze the water out, between two plates, and pass the spinach through a sieve. Put two ounces of butter into another saucepan, fry the butter a light brown, add a small teaspoonful of flour, mix well, and then put in the spinach with pepper and salt to taste, and a little milk.

Precautions.—The spinach should only remain in the second saucepan long enough to thoroughly mix with the butter and seasoning.

CABBAGE.

Ingredients.

Cabbage.

Wash and trim off the outer leaves of a cabbage, divide it, or split the stalk into four, throw the cabbage-stalk upwards into boiling water, with a teaspoonful of pounded loaf-sugar or salt. When cooked well, drain it on a colander and serve, if preferred, with a white sauce.

Precautions.—The cabbage should be young and have plenty of room in the saucepan.

BRUSSELS SPROUTS.

Ingredients.

Brussels sprouts.

Wash and remove the loose leaves from a quart of sprouts, then throw them into plenty of boiling water,

with salt and pepper. In a quarter of an hour drain them on a colander. Melt three ounces of butter in a stewpan with a little salt and pepper, add the brussels sprouts, shake them for two or three minutes in the stewpan and serve.

Precautions.—Be careful to keep them from burning in the butter.

ASPARAGUS.

Ingredients.

Asparagus.

Scrape the sticks of the asparagus, wash them, and cut them into equal lengths. Divide the sticks into bundles of ten or twelve, tie them together, and put them into plenty of salted boiling water and a table-spoonful of vinegar. Take care not to over-cook—about fifteen or twenty minutes will be sufficient—or the heads, which are the most delicate part, will break off in the saucepan. When sufficiently cooked, remove them carefully and serve on buttered toast.

Precautions.—Care is necessary to prevent the heads breaking off.

CARROTS.

Ingredients.

Carrots.

Eschalots.

Chives.

Scrape clean and wipe, but not wash, fifteen or twenty small young carrots. Put them in a stewpan with three ounces of butter, cover the stewpan, and from time to time give it a shake. After fifteen minutes add a little pepper and salt, and some finely minced parsley and chives, or eschalots. Put on the

lid, occasionally shake till the carrots are tender. Old carrots should be previously well blanched, and cut into slices and finished cooking in the sauce.

Precautions.—If the carrots are not young they should be nearly cooked before adding to the sauce.

CARROTS WITH HAM OR BACON.

Ingredients.

Carrots. Ham. Bouquet garni.

Melt in a stewpan three ounces of butter, and mix with it one ounce of flour; stir for five minutes. Now add a gill of boiling stock or water, stirring with a wooden spoon. Add half a pound of ham or bacon, cut into half-inch dice, with a little pepper (and, perhaps, a little salt, but this will depend on the saltiness of the ham or bacon), a bouquet garni, with a clove of garlic, or a large onion instead of the garlic. Cut into slices, about the thickness of a penny, six large carrots and put them in the stewpan. Let the contents boil till the carrots are tender. Remove the onion and bouquet garni and serve.

Precautions.—Constant attention is necessary after adding the sliced carrots.

VEGETABLE MARROW WITH ONIONS.

Ingredients.

Vegetable marrow. Onions.

Peel and remove the seeds of a vegetable marrow, cut it into slices and throw it into boiling water with a little salt. When sufficiently cooked drain on a colander. Melt in a stewpan two ounces of butter

with two shredded onions, and when tender add the slices of vegetable marrow. Season with pepper and salt. Occasionally shake the stewpan, and in seven minutes it is ready.

Precautions.—The onions must not be allowed to brown in the butter.

COLCANNON.

Ingredients.

Potatoes.

Green vegetables.

Boil potatoes and greens or spinach separately; mash the potatoes; squeeze the greens dry; chop them quite fine, and mix altogether in a basin, with a little butter, pepper, and salt; put the whole into a mould, previously well buttered with a brush. Let it stand in a hot oven for ten minutes and then turn out.

Precautions.—Let the vegetables be firm and the mould properly buttered, or the colcannon will break on turning out.

GREEN PEAS.

Ingredients.

Green peas

Butter.

Mint.

Lettuce.

Onion.

Sugar.

Tie into a small bunch a small head of lettuce and one or two onions, and throw them with the peas into plenty of boiling water, with some salt, and a little pounded loaf-sugar. When cooked strain off all the water and remove the bunch. Mix with about an ounce of butter a small quantity of finely minced mint, previously blanched, put this in a dish and turn the peas over it.

Precautions.—The peas should be young, quickly boiled, and not shelled before they are wanted.

FRENCH BEANS, PLAIN.

Ingredients.

French beans.

Sugar.

Take one pound of French beans, remove the strings and stalks, and, if they are old, split them. Turn them into a saucepan with plenty of boiling water and a small teaspoonful of sugar and salt, boil them till they are tender, which can be ascertained by trying them.

When this vegetable is too old, no cooking will ever make it good.

Precautions.—In boiling green vegetables the colour can only be retained by quick boiling in plenty of water in an uncovered saucepan.

LECTURE XII.

“Who giveth Food to all flesh.”

“Much food is in the tillage of the poor, but there is that destroyed for want of judgment.”

ROASTING, BROILING, BOILING, STEAMING, BAKING, BRAISING.

THE first thing is to select your meat. Few persons go to market, and families have often to take whatever the butcher thinks proper to send. Beef constitutes by far the larger proportion of animal food consumed by man; and in selecting a piece of beef or mutton, see that the grain is not too coarse, that the meat is of a bright red colour, soft to the touch, and that the fat is nicely intermixed with the lean. Mutton and beef will be more tender if the weather will admit of their being hung, knuckle downwards, some days before cooking; but two days in summer are often equal to a week in winter. The flavour and the quality of meat will depend on the breed, age, and food. The lean is the muscular part of the animal, and consists of fibrin, gelatine, and albumen. Experiments, which have been carefully made, show that a sirloin of beef, weighing twelve pounds, lost in roasting forty-four ounces, of which twenty-seven were water and seventeen fat or dripping. A flank of beef, weighing twelve pounds, made into pot-au-feu, or bouilli, lost twenty-five ounces. It is therefore quite clear that boiling, especially when the

liquor is turned to an account, as it should be, is the most economic kind of cooking. When meat is boiled, much of the albumen remains in the water, and when flavoured with vegetables and herbs, and thickened with meal, you have a highly nutritious soup, much used in every country except our own. Glue is an impure gelatine. The white of egg is nearly a pure albumen; this albumen surrounds the fibres of the meat; and the stringy threads of stewed meat afford an example of fibrin. The osmazome is that extract or essence which gives meat its peculiar odour and taste by long stewing. The osmazome is dissolved in the water, and this is the secret of all meat flavours in soup. Roasting appears to exalt the flavour of meat more than any other method of cooking. The best joints for roasting are the ribs and fillet, the rump and sirloin; for making soup, the neck, tail, and tops of ribs; and for stewing, all the inferior pieces. (See page 17.)

To roast properly a good fire is most important: it should be evenly lighted, bright and radiant, and never allowed to get low. No reliable time can be given for roasting, because the nature and the qualities of meat vary. About two hours for seven pounds of beef, and one hour and three-quarters for a leg of mutton of the same weight, or roughly, about a quarter of an hour to the pound, will generally be found sufficient. To tell whether the meat is done, press the fleshy part with the thumb; if the meat yield to the pressure it is done. In the case of poultry or game, the flesh of the leg may be tried in the same manner. Cooks attach importance to the "steams drawing to the fire." When the meat is nearly done,

remove the buttered paper, if any has been used, and sprinkle over the meat a little salt, and put the ends of the joint to the fire; well baste the meat, and endeavour to obtain a clear brown colour before the fire. If you wish the meat to be frothed, dredge very lightly a little well-dried flour over the surface, and give it time to crisp; do not baste after the flour. Practice is the only way to learn to roast properly.

Broiling is a very acceptable kind of cooking when well done, but anything broiled requires constant watching. It is an easy method of making a small portion of fish or meat savoury, and may be recommended to bachelors. It is not the cooking for families. Things broiled should be turned with steak tongs; a fork should on no account be used; and without a clear, bright fire good broiling is impossible. (See page 18.) The principle is the same as roasting; the albumen of the meat or fish is coagulated, which forms a crust, and so retains all the juices. Delicate appetites are often encouraged with a nice broiled fish. The national beef steak and mutton chop have made us the best of broilers. There are only a few places in London where you can have these things cooked to perfection. Two gridirons are best—one for meat, the other fish. The bars of gridirons are often too large and obstruct much of the heat. The gridiron should be very clean, and if bright when purchased it should be kept so, and always be washed before putting away. Before putting anything on the gridiron let it get thoroughly hot; the reason for this is obvious; much of the heat of the fire is conducted away by the iron, and if a piece of meat be placed on at once

the albumen coagulates but slowly, and allows the juices to drop into the fire, instead of being preserved in the meat. When your gridiron is thoroughly clean and warm, rub the bars with a piece of suet, this prevents the meat sticking and coming to table with black stripes. If you like the flavour, just rub the gridiron with a clove of garlic, or eschalot. Perpendicular gridirons are objectionable, because there is always a current of cold air on one side of the thing broiled. For fish, the gridiron should be rubbed with chalk; as the things broiled are usually small they should be served on a very hot dish. When the fat smokes and blazes too much remove the gridiron for an instant, and just sprinkle the fire with a little salt. Arrange your gridiron, if possible, so that it may be from two to five inches above the fire and slightly inclined towards the cook.

Boiling.—Some cooks think, after a piece of meat has been placed in the saucepan, it requires no more attention, but boiling requires as much care as almost any kind of cooking. If you wish to retain all the flavour and juices of the meat plunge it into soft boiling water, and after three minutes stand it aside to simmer, at about 170° or 180° . Always remember that a boiling temperature coagulates the albumen on the surface. If you want to make stock or broth, on no account allow the water to boil; the scum must always be removed, and a little cold water facilitates its rising. Some cooks boil mutton and fowls in a floured cloth, to make them look whiter, but its utility is very doubtful.

Steaming.—This is found in large establishments to

be a convenient way of cooking, but it is doubtful if things are so savoury and well cooked as by boiling ; but there are many preparations in the kitchen to which the objection does not apply. A jugged hare is cooked by steam. Things to be steamed must be prepared in the same way as for boiling, and several things may be cooked in the same steamer, which is often very convenient in large families or schools.

Baking.—This is the general Sunday cooking of the poor ; it saves trouble, but it is the worst and most wasteful kind of cooking ; all sorts of things and flavours are mixed up together. If a poor man had a well-ventilated kitchen and baked at home, the practice would be less objectionable, and I should like to see the time—but I never shall see it—when every poor family baked their own bread, and taught their daughters how to bake, not with German yeast, but the old-fashioned genuine brewers' yeast. The best changes and reforms are sometimes to go back.

Braising.—This is purely a French method, and is thought by some to be the perfection of cooking, but certainly not always relished by English tastes. This kind of cooking is best for white, lean meat and fowls, which are first larded. The praises of a braised turkey have been somewhat irreverently sung by a celebrated gourmand—

Turkey boiled is Turkey spoiled,
Turkey roast is Turkey lost,
For Turkey braised the Lord be praised.

Whatever the method of cooking the same general principles apply. It does not depend on hot season-

ing to stimulate to eat those who have already eaten too much, but an educated mind and taste combining various methods for making food wholesome, savoury, and digestible.

BOILED BEEF OR BOUILLI.

Ingredients.

Bouilli.

Beef used for the pot-au-feu is called Bouilli, and has no doubt given much of its flavour to the broth ; but it may be made into a very inviting dish. As soon as the beef broth has been prepared (see page 30), the meat should be taken out and placed on a dish, garnished with vegetables that can be eaten. Why parsley is used I cannot understand ; it cannot be eaten, and before carving it is always removed.

BOUILLI WITH SHARP SAUCE.

Ingredients.

Boiled beef. Piquante or tomato sauce.

Take about a pound and a half of cold beef and cut it across the grain into slices a quarter of an inch thick. Trim off the gristle and outside parts, put the meat into a small gratin dish, sprinkle with pepper and salt, and moisten with a gill of stock ; let the meat bake for a quarter of an hour in a moderate oven. Serve either with piquante or tomato sauce poured over the meat.

Precautions.—The preparation of the sauce is most important for this dish.

ROAST SIRLOIN OF BEEF.

Ingredients.

Sirloin of beef.

Take a piece of sirloin of beef, weighing seven or nine pounds, cut off the chine bone, flatten the flap part, and tie it under the fillet, or cut it off. Trim up the joint, then tie a layer of suet over the fillet. Cover the meat with buttered paper, secure it with a piece of tape, and roast before an even fire. Put it close to the fire for ten minutes, then remove to a short distance. Ten minutes before the meat is ready, remove the paper and sprinkle with salt.

Precautions.—A little water or stock without flavour should be put into the dripping-pan, but not butter or dripping. Baste frequently, and if you have to add coals during the roasting, do so in such a way as not to deaden the fire.

ROAST RUMP OF BEEF.

Ingredients.

Rump of beef.	Onions.	Chablis.	Bacon.	Oil.
	Thyme.	Parsley.		

A rump of beef may be roasted like sirloin, but it is sometimes finely larded. (Always remember to lard everything across the grain.) Before roasting, put the larded beef into a dish with one or two gills of white wine, three tablespoonfuls of oil, a little pepper and salt, two shredded onions, a sprig of thyme, and two or three sprigs of parsley. Let the beef remain in the dish for two days before roasting, turning it once or twice. On the third day it should be roasted. When half

roasted, add a tablespoonful of the liquor in which it has been placed to the gravy in the dripping-pan. This placing of meat in oil, wine, vinegar, herbs, &c., is called marinading, and is, I think, a very inexpensive improvement. This joint is the best for roasting.

Precautions.—The meat will absorb quite sufficient flavour without rubbing. Baste frequently.

ROAST RIBS OF BEEF.

Ingredients.

Ribs of beef.

Saw off the chine-bone, trim the joint, wrap it in buttered paper, and roast as sirloin.

ROAST NECK OF VEAL.

Ingredients.

Neck of veal.

Roasted veal is rather tasteless; it is greatly improved by larding. Veal should be thoroughly cooked, before a moderate fire. The neck, loin, and chump are best for roasting. Take a neck of veal and saw off the chine-bone, as for cutlets, and cut through the ribs about the middle, so as to roll the flaps underneath, and tie the meat with a piece of tape. It is better to wrap the veal in buttered paper; and about ten minutes before it is ready remove the paper, sprinkle with salt, and let it come to a golden colour. Baste every ten minutes, skim off the fat, and strain the gravy over the meat. The French make a great many delicate dishes from the liver, tongues, ears, feet, brains, kidneys, and sweet-breads of calves.

ROAST LOIN OF VEAL.

Ingredients.

Loin of veal.

Take four or five pounds, including the kidney, remove the chine-bone, and trim off some of the fat, then roll the flap underneath, and tie it with a piece of tape, so as to enclose the kidney.

ROAST CHUMP OF VEAL.

Ingredients.

Chump of veal.

Take about the same weight as for loin of veal, and keep it in shape with a piece of tape. Then cover the veal with caul or buttered paper.

Precautions.—The fire for roasting must not be too fierce, or the outside will be hardened before the inside is cooked ; always remove the tape before sending to table. Remove all the fat from the gravy and baste.

ROAST LEG OF MUTTON.

Ingredients.

Leg of mutton.

Mutton for roasting is all the better for being kept a few days, if the weather be favourable, in a dry, airy place, free from flies. A short thick leg is the best ; the lean rather of a dark red, and the fat firm and white. Saw off the shank-bone two inches below the knuckle. A clove of garlic may be introduced near the knuckle for those who like the flavour. Place it before a sharp fire for fifteen minutes, to keep in the gravy, then remove it a short distance to finish roasting ; put half a pint of broth in the dripping-pan, and five or ten

minutes before taking from the fire, sprinkle with salt; place the mutton on a dish, and put a white paper frill round the knuckle-bone; skim off all the fat, and strain the gravy over the meat. You may serve with this joint white haricot beans, or macaroni under the meat or separately. A leg of mutton may be marinated before roasting. (See Roast Rump of Beef, p. 207.)

Precautions.—Constant basting is necessary for all roast meat.

ROAST HIND-QUARTER OF LAMB.

Ingredients.

Hind-quarter of lamb. Horseradish sauce. Watercresses.

Saw off the knuckle-bone of a hind-quarter or leg of lamb, and roast before a sharp, even fire; when ready, place it on a dish, and garnish with watercresses. Horseradish or mint sauce may be served in a boat.

Precautions.—Frequent basting and a clear uniform fire are necessary.

ROAST BREAST OF LAMB.

Ingredients.

Breast of lamb. Watercresses. Mint sauce.

Select a nice breast or leg of lamb, and put it before a clear fire. Take some stale bread-crumbs, minced parsley, and a little salt and pepper; mix these thoroughly together. After about a quarter of an hour, when the fat begins to melt freely, sprinkle the mixture uniformly over the surface. When done, skim the fat from the gravy, and strain over the joint. Garnish with watercresses, and serve with hot mint sauce in a boat. A lemon is often sent up with roast lamb.

Precautions.—A clear uniform fire and basting are essential for all roast meat.

ROAST PARTRIDGE.

Ingredients.

Partridge. Bacon. Watercresses.

Draw, wipe, and singe a partridge, tie round the breast a rasher of fat bacon and put it before a clear good fire and in eighteen or twenty minutes the bird is ready. Remove the bacon and serve with gravy and garnish with watercresses ; or take a round of toast without crust, moisten it in hot water or stock, press it lightly, butter and soak it in the dripping-pan and serve the partridges on it. Some prefer the toasted bread slightly moistened with lemon-juice.

Precautions.—In selecting a partridge, grouse, or pheasant, see that the spurs are small; look at the under feathers of the wings—if pointed, the bird is young ; if round, old. Try the pinions and breast.

ROAST GROUSE.

Ingredients.

Grouse.

Take a pair of grouse, draw, singe, and truss them ; then tie a thin rasher of fat bacon over the breasts and put them to roast before a good fire. When ready serve them on pieces of toasted bread.

Blackcock may be roasted in the same way, but garnished with watercresses.

ROAST PHEASANTS.

Ingredients.

Pheasant. Bacon.

Proceed as above, to draw, wipe and singe a pheasant. Truss it and tie over the breast a rasher of fat bacon ; put it before a clear fire and in thirty

or forty minutes it is done. Remove the bacon, garnish with watercresses, and serve up with gravy made either from lean beef or from game. The latter is the better. The pheasant should be kept just long enough to bring out the flavour. *Guinea fowls* and *pea fowls* are cooked and served like pheasants.

Precautions.—Young birds are to be preferred.

ROAST QUAILS.

Ingredients.

Quail. Bacon.

Pick, singe, and truss a quail, but do not draw it, tie a vine-leaf and a rasher of fat bacon over the breast and roast like a partridge. Garnish with watercresses.

Precautions.—These require careful attention while roasting.

ROAST DUCK.

Ingredients.

Duck. Onions. Sage. Bread-crumbs.

Stuff the duck with a stuffing prepared as follows:—Take two or three onions, say six ounces, cut them in slices with six or eight sage leaves, blanch both for five minutes; drain and chop them fine; put the whole in a stewpan with one ounce of butter, two pinches of salt, and two small pinches of pepper; simmer gently for ten minutes, stirring with a wooden spoon; add a handful of bread-crumbs, and stir for two minutes more; the stuffing is then ready for use; an apple mixed with the stuffing is thought by some to be an improvement. Truss the duck, and put it down to roast before a very brisk fire.

Precautions.—A young duck, a good fire, and occasional basting are necessary.

ROAST GOOSE.

Ingredients.

A goose. Duck stuffing.

A goose weighing six or eight pounds is to be preferred. Pick, draw, singe and wipe, and stuff it with stuffing as for roast duck. Sprinkle with a little salt, baste frequently, skim off all the fat, strain the gravy and serve separately or on the dish, as preferred.

Precautions.—It is essential that the goose should be young, and roasted before a good fire, but not a fierce one. Try the pinion, and if the lower part of the beak breaks easily the goose or duck is young.

ROAST FOWL.

Ingredients.

Fowl. Bacon. Onion.

Pick, draw, wipe, singe, and truss a fowl. Unless stuffed, an onion inside and a piece of butter are thought to be an improvement. Tie a rasher of fat bacon over the breast and put the fowl before a bright clear fire, then roast slowly, with occasional basting. When ready strain the gravy and pour it under the fowl. Garnish with watercresses.

Precautions.—A young fowl is essential, which may be known by the large size of its feet and knee-joints and the smallness of the spurs. Try the pinions and breast. Baste occasionally.

ROAST TURKEY.

Ingredients.

Turkey. Watercresses.

Prepare a turkey; one of about six or seven pounds is to be preferred. Put the turkey before a good fire

and roast till of a golden colour. Skim off the fat, strain the gravy, and garnish with watercresses.

Precautions.—It is necessary to have a young turkey with white flesh. Avoid one with long hairs and flesh inclined to a violet tinge.

BOILED LEG OF MUTTON.

Ingredients.

Boiled turnips. A leg of mutton. Caper sauce.

Cut off the shank, wipe it, put it into a clean saucepan or stewpan with plenty of lukewarm water, and let it come slowly to the boil ; skim when necessary. For a leg of eight pounds, and let it simmer for two hours. The mutton should be well done, but not overdone, it should retain all the juices and look plump ; when the meat is not very white it is sometimes blanched for ten minutes in hot water or wrapped in a floured cloth. A few minutes before it is ready add half a teaspoonful of salt.

Wether mutton, four or five years old, is the best both for boiling or roasting ; for boiling it is a whiter colour if cooked fresh, but more tender if kept four or five days. Serve with boiled turnips, and caper sauce not poured over it, but served in a boat.

Precautions.—Skimming and simmering are necessary, or the meat will be hard and tough.

BRAISED LEG OF MUTTON.

Ingredients.

Carrots.	Stock.	Cloves.	Salt.	Allspice.
Lemon.	Onion.	Leeks.	Celery.	Mace.

For braising it is best to have a braising pan, so that live coals may be placed on the top, but in default

take a saucepan or stewpan large enough to hold the leg of mutton comfortably ; cut off the shank and trim the meat. At the bottom of the saucepan arrange a layer of rashers of ham or bacon, lay on these the leg of mutton, and pack it round with the trimmings and shank and any odd pieces of bacon or scrag ends. Take six young carrots, two leeks, six onions, each about two inches in diameter, one with two cloves stuck in it, and a teaspoonful of whole white pepper, a blade of mace, half a teaspoonful of allspice, and a good bouquet garni, with a sprig of celery, and two bay-leaves in it, add a pint and a half of good stock, and the squeeze of a lemon ; set it aside to simmer for five hours ; keep the lid close, but give the contents an occasional shake. If you have an oven large enough, the saucepan may be placed in it. When ready dish the leg of mutton, strain the liquor over, and serve.

Precautions.—The object is to cook the meat very slowly in the vapour of the various ingredients, and care must be taken that it does not boil, nor should the lid be removed unless absolutely necessary.

A FRICASSÉE OF FOWL.

Ingredients.

A young fowl. An onion. Mushrooms. Lemon.

To prepare a fricassée of chicken, which may be slightly varied from the following recipe, is one of the best examples of good English cooking.

Draw, pick, wash, and singe a chicken, cut off the head and the legs at the first joint and the wings at the second. In singeing be careful not to break, burn, or blacken the fowl. It is necessary to singe all fowls ; it

not only destroys the small down but tightens the skin. Put the chicken into a clean three-quart stewpan with sufficient warm water to cover it ; add one onion with a clove, a little salt, and a bunch of parsley. Skim when necessary. Let it boil for ten minutes, remove it to sieve and let it drain for three minutes. With the liquor in which the chicken was boiled prepare a sauce by adding two ounces of butter and two tablespoonfuls of flour, and thoroughly stir. Prepare and blanch for five minutes a dozen mushrooms, in just sufficient water to cover them ; add the juice of half a lemon. Strain into the sauce and put the mushrooms aside ; be careful that they are not broken. Neatly cut up the fowl into ten pieces, keeping the skin on each piece, and finish cooking the pieces in the sauce, which will take from twenty to twenty-five minutes. Arrange them neatly on a dish, strain over them the sauce and garnish with the mushrooms. Four crayfish make a good garnish, or croutons of bread fried in butter.

Precautions.—It is necessary to have a young fowl, and it must not remain in the sauce longer than is necessary for cooking.

BOILED FOWL.

Ingredients.

A fowl.

Neatly truss and prepare a fowl ; be careful not to break the skin in picking, and wrap it in a sheet of white buttered paper, put it into a clean stewpan or saucepan with plenty of lukewarm water, and let it just boil, skim, and in fifteen minutes turn

the fowl over for another fifteen minutes, and for a fowl of about three pounds this will be sufficient. Young fowls and all poultry will be the better for being kept two or three days before boiling. Serve with a white sauce, or bechamel sauce, or parsley and butter, according to taste.

Precautions.—Choose a young fowl with white or pale-coloured legs. Occasional skimming is necessary.

MARINADED FOWL.

Ingredients.

Hot fat.	Pieces of fowl.	Frying batter.
	Vinegar.	

This is a method for using up the remains of cold fowl. Cut the fowl into fillets, each about two inches in length and one in breadth. Put into a basin a gill of vinegar with pepper and salt and dessert-spoonful of oil, add the pieces of fowl and let them soak for two hours; then drain and dry them in a clean cloth. Dip each piece of the fowl into frying batter (page 117), and fry in hot fat at 385° to a golden colour. Fry a little dried parsley and garnish with it. Tomato sauce should be served in a boat.

Precautions.—The pieces of fowl should be nicely covered with batter and carefully fried. Remember the fowl has already been cooked.

FRICANDEAU OF VEAL.

Ingredients.

Veal.	Carrots.	Stock.
Frying butter.		Onions.

Take about three pounds of the lean part of a

fillet of veal, about two inches in thickness, and lard one side with bacon, and cut into fillets not more than a quarter of an inch in section. To fillet a piece of meat will require a little practice; you had better see it done; no verbal description will be of much service. Put into a clean stewpan any trimmings from the veal, with an ounce of butter, a sliced carrot, a sliced onion with pepper and salt, lay the veal on these and add half a pint of good stock when it has become thick and gelatinous, turn the fricandeau over and add another pint and let it simmer, not boil, for an hour, frequently basting with the liquor by shaking the stewpan. When cooked skim off the fat, place it on a dish and strain over the liquor. The fricandeau is generally served with sorrel, endive, or spinach.

Precautions.—In larding be particular always to lard across the grain, and if possible use fat bacon which has not been cured with saltpetre.

BROILED CALF'S KIDNEY.

Ingredients.

Kidney.

Maître-d'hôtel butter.

Take a calf's kidney, cut it in half in the direction of its length, slightly flatten it with the chopper, season with pepper and salt, dip each piece in butter, then bread-crumbs it, and broil on the gridiron over a clear fire. Lay the kidney on two ounces of maître-d'hôtel butter, and serve on a hot dish.

Precautions.—The kidney must be carefully fried over a clear fire.

CALF'S LIVER AND BACON.

Ingredients.

Calf's liver.	Bacon.	Ketchup.	Stock.
	Flour.	Pickles.	

The liver should be cut in slices, each about a quarter of an inch in thickness ; cut also some streaky bacon into thin rashers of uniform thickness and fry them first, and drain on a plate ; and add the fat to the frying-pan ; after having covered each piece of liver with flour, fry them in the fat from the bacon, and when nicely browned on both sides, dish up the liver and bacon in a circular row, placing a piece of each alternately ; strain off the fat from the pan in which the liver has been fried, add a little flour and a table-spoonful of ketchup, a little pepper and salt, and half a gill of stock or water ; a few minced gherkins or mushrooms, pickled walnuts, or mixed pickles may be mixed with the sauce ; stir all together over the fire until the sauce just boils, and pour it over the liver and bacon.

Precautions.—Be careful to flour the pieces of liver uniformly ; and the bacon should be young.

BEEF OR RUMP STEAK.

Ingredients.

A beefsteak.	Oil.
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A rump steak should be one and a half inch thick. Slightly flatten it with a chopper, which should be moistened on the side with water, to prevent its adhering to the meat. Trim it into an oval shape and oil the surfaces ; this oiling is not to flavour the

steak, but to prevent the outside hardening on the fire, and to quicken the cooking. Sprinkle with a little pepper and salt, and broil over a clear fire. Let the gridiron incline a little towards you.

Precautions.—Have a clear brisk fire, and turn the steak with tongs ; a fork should never be used for broiled meat or fish.

VEAL CUTLETS.

Ingredients.

Veal cutlets.

Oil.

Tomato sauce.

Trim and flatten the cutlets taken from a neck of veal. Remove the chine-bone and all the skin and gristle. Sprinkle the cutlet with pepper and salt, oil it on both sides, and put it on the gridiron over a clear fire, and dish up with brown gravy, or a sharp sauce, or with maître-d'hôtel butter under the cutlet, or with tomato sauce.

Precautions.—A clear bright fire and the gridiron slightly inclined towards the cook are necessary.

MUTTON CUTLETS.

Ingredients.

Neck of mutton.

Oil, or egg and bread-crumb.

Take the best end of a neck of mutton, which will give seven cutlets ; saw about four inches off the end of the upper rib-bones ; saw off the chine-bone, remove the fat, and cut the seven cutlets, giving a bone if possible with each cutlet, and let each of them be about half an inch in thickness, clearing the meat an inch off the end of each bone ; flatten them with a

chopper just moistened with water to prevent its sticking to the cutlet ; remove the gristle from round the lean, and pare away the meat and skin from the inside of the bone ; this is to give the cutlets the requisite shape. Sprinkle the cutlets on each side with two pinches of salt and one small pinch of pepper ; oil them slightly ; make them into shape with the side of a knife ; put them on a gridiron over a brisk fire and cook them for four minutes on one side, and for three minutes on the other : dish up in a circle ; or egg and bread-crumble them (see page 118), and fry in hot fat at 385°.

Precautions.—The mutton should be tender and the cutlets nicely browned.

SWEETBREADS.

Ingredients.

Sweetbreads. Stock.

Whatever the dish, sweetbreads are always first prepared as follows :—Soak for three hours in cold water three sweetbreads, change the water occasionally if it becomes discoloured, put them into boiling water for half-an-hour, or long enough to become firm, but not hard, press them into shape by placing them between two paste-boards or baking tins, with a four or five pound weight on the top, then lard them with bacon about one-eighth of an inch in section. Bacon for larding should be cured without saltpetre, or it gives a pink tinge to all white meat. Put them in a clean stewpan with three gills of rich stock, and season with salt ; when the stock thickens add another half-pint and baste frequently with the stock ; arrange them on a

dish, strain the gravy over them, and serve with sorrel, green peas, or tomato sauce.

Precautions.—Throat sweetbreads are the best, and the gravy should be rich and free from fat. Do not allow the sweetbreads to harden in boiling, or they will be difficult to lard.

OX TONGUE.

Ingredients.

A tongue.	Tomato sauce.	Two bouquets garni.
	Onion.	Carrot.

Trim the root of a fresh ox tongue and soak it for an hour in cold water. Put it into a stewpan with plenty of cold water, add a good-sized onion with two cloves, two bouquets garni, and an ounce of salt and half an ounce of pepper. Bring it to the boil, skim and simmer for three hours; when cooked take off the skin and arrange the tongue on a dish, and serve with tomato sauce.

Precautions.—The tongue must not remain in the liquor after it is cooked.

OX PALATE.

Ingredients.

Ox palate.	Bouquet garni.	Butter.	Onion.
	Carrot.	Stock.	

Blanch for ten minutes an ox palate, drain it, remove the fat, and scrape it carefully; divide it into two parts, and put the palate into a small stewpan with a pint of stock, half an ounce of butter, a little pepper and salt, a bouquet garni, a small onion, and a small carrot. Let the contents simmer for three hours; remove the palate to a cloth, then clean away any fat, and dish with sharp sauce.

Precautions.—The palate should be slowly simmered, or it becomes hard.

HARICOT BEANS AND BACON.

Ingredients.

Haricot beans. Bouquet garni. Garlic or eschalot.

Put a pint of beans into cold water the over-night. Cut half a pound of bacon into half-inch dice, put the bacon and beans into a clean saucepan with just sufficient cold water to cover them; let the beans boil till they are tender, then stir in one or two table-spoonfuls of flour, a little pepper, and a bouquet garni, with a clove of garlic or an eschalot. Let the contents simmer slowly, and when the sauce is sufficiently thickened the beans and bacon are ready.

Precautions.—The beans, if old, will require long soaking, or much longer boiling than is desirable for the bacon.

FAT PORK OR BACON AND HARICOT BEANS.

Ingredients.

Haricot beans. Pork.

Soak a quart of haricot beans in cold water for ten or twelve hours, then boil them with a little salt till they are tender. Take a common yellow dish, and put the beans at the bottom, and on a tripod place two pounds of fat bacon or pork and bake for an hour, or the meat may be roasted and the beans placed in the dripping-pan.

Precautions.—The beans should be quite tender before baking.

ASPIC JELLY.

Ingredients.

Stock.	Gelatine.	Eggs.	Bouquet garni.
Tarragon vinegar.	White pepper.		Common vinegar.

Soak two ounces of good gelatine in water till it softens, strain off the water and put the gelatine into a basin with three pints of strong stock. This may be prepared either from knuckle of veal or calves' feet, or lean beef, or all of them. Whisk up the whites and shells of two eggs, and one egg without the shell, put them into a clean stewpan with six white peppercorns and a bouquet garni, containing a clove of garlic; add a dessertspoonful of tarragon vinegar and two dessertspoonfuls of common vinegar, whisk all together in a stewpan till the eggs froth a little, then add the stock and gelatine, and season if necessary with pepper and salt. Put it over a slow fire, whisking till it comes to the boil. Let it simmer, then stand it aside till it becomes clear, strain it into a basin, and when cold it is ready for garnishing cold dishes and salads.

Precautions.—This jelly requires constant attention, and when well prepared is very useful.

GRAVY FOR GENERAL USE.

Ingredients.

Veal.	Bouquet garni.	Onion.	Carrot.
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It is often necessary to prepare a gravy for general use. Take about two pounds of fillet of veal, remove any fat, cut it into three or four pieces and add any odd portions of uncooked meat. Put them all into a

six-pint saucepan or stewpan with half a pint of soft water. Let it come slowly to the boil and continue reducing till it forms a glaze. Turn the pieces of meat over and add three pints of water, a teaspoonful of salt, a pinch of pepper, a bouquet garni, a small carrot split into four, and one onion, with two cloves. Let the contents come to the boil and simmer slowly for two hours with the lid removed. Skim as occasion requires and strain the liquor through a tammy sieve and put it aside for use. The pieces of meat can be served with a sharp sauce.

Precautions.—The contents must not boil or the gravy will not be clear, and freedom from fat is most essential.

CHESTNUT FORCEMEAT.

Ingredients.

Chestnuts.	Veal.	Bacon.	Spiced salt.	Stock.
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A forcemeat should be of sufficient consistency to cut, but should not be dry or heavy. Roast slowly thirty sweet chestnuts, peel them, and put in a basin. Take half a pound of lean veal, free from skin and gristle, and three-quarters of a pound of fat bacon; scrape the bacon and remove the rind. Mince the bacon and veal finely, add a little stock and a tablespoonful of spiced salt (page 27). Mix thoroughly and turn the ingredients into a mortar, work them for a quarter of an hour, then put in a basin. Peel the chestnuts and add them to the forcemeat, work up with the hands and stuff the turkey or veal.

Precautions.—These ingredients must be thoroughly mixed and the forcemeat moderately firm. If the chestnuts are difficult to mix, work them for two or three minutes in a mortar.

STUFFING (1).

Ingredients.

Onions. Butter. Sage leaves. Bread-crumbs.

Melt in a clean stewpan one ounce of butter and season it with pepper and salt. Blanch for seven minutes three-quarters of a pound of sliced onions and fifteen sage leaves, remove the stalks and mince them finely and then stir into the butter. Stir for ten minutes with a wooden spoon. Now add stale bread-crumbs, sufficient to bring the stuffing to its proper consistency, and the stuffing is ready for use.

Precautions.—The mixture requires constant stirring.

STUFFING (2).

Ingredients.

Parsley. Eschalot. Suet. Eggs.
Marjoram. Nutmeg. Thyme.

Take half a pound of stale bread-crumbs, four ounces of finely-chopped suet, two eggs, a dessert-spoonful of minced parsley, a very small teaspoonful of minced eschalots, marjoram, and thyme, then season with pepper and salt and two grates of nutmeg. Work these thoroughly well together with the hands and it is ready.

TO PREPARE A GLAZE.

Put some stock into a clean stewpan, and reduce it

quickly till it becomes thick ; turn it into a smaller stewpan, and continue reducing and stirring till it is of sufficient consistency to form a firm jelly. The glaze should not be of too dark a colour. Turn it into an earthenware jar, and when it is wanted melt the glaze by putting the jar into a saucepan of warm water, and gradually bring the water to the boil, on the principle of a carpenter's glue pot, which is a *bain-marie*. An arrangement of this kind can be easily extemporized in every house.

HOW TO GLAZE.

Whatever cold dish has to be glazed, it is essential the surface should be well dried, or it will never properly cover the meat.

Melt the glaze in the manner just described, and with a clean brush varnish the surface ; lay on the glaze thinly, evenly, and smoothly. When firm, lay on if necessary another coat, and a third. The object is not to hide the thing glazed, but to see it through a transparent film of gelatine.

LECTURE XIII.

Feed me with food convenient for me.

“Who giveth food to all flesh.”

FOOD—HUNGER AND THIRST. —

It has already been shown in a previous lecture, that the animal body is in a state of constant renovation and decay ; that every point in its substance is the seat of a perpetual series of births of new particles and deaths of old ones, thus necessitating the continual introduction of new material to occupy the place of the old, worn-out, and effete tissues. The new material ingested into the body to supply the place of the old is termed food.

Two different series of changes are in continual progress, viz. :—1. A process of combustion, by which the animal heat is developed and sustained. 2. A process by which the tissues of the various organs are disintegrated in the performance of their respective functions. Two kinds of food are therefore rendered necessary, viz. :—1. Heat-forming, respiratory, or fuel food, to supply the animal heat. 2. Flesh or tissue-forming food, to supply the elements of growth, repair, and renovation.

Functions of Plants in Relation to Animal Life.—The animal body has very little chemical construc

tive or synthetic power; it cannot therefore subsist on mineral or inorganic matter. It has no power to construct the proximate principles of which its tissues are built up; it must therefore be supplied with these principles ready made, or it cannot exist. This is the grand function of plants. Plants possess the constructive power in which the animal is deficient, they build up and supply its proximate principles; such as albumen, casein, fibrine, and other nitrogenous substances; which alone render animal life possible, and thus form the intermediate link connecting animal life with inanimate nature.

An animal cannot live on air, water, sand or other earthy substances; a plant not only subsists on these substances, but elaborates from them into its own tissues the very elements necessary to the development, growth, and sustenance of animal life.

The vegetable world is therefore, as it were, an immense natural manufactory of the raw material of the animal structure. The plant itself is worked up from still simpler materials—namely, carbonic acid, water, ammonia, and certain salts.

The plant gathers and absorbs carbonic acid, water, and ammonia from the atmosphere, and minute quantities of earthy salts from the soil. It decomposes the carbonic acid, evolving its oxygen, which restores purity to the atmosphere. A portion of the absorbed carbon, hydrogen, and oxygen it converts into woody fibre, sugar, and starch, while out of other portions of these elements, together with nitrogen, it elaborates the higher and more complex protein compounds indispensable for the development and sus-

tenance of animal life. The animal eats the plant, assimilates its protein compounds, which it elaborates into its own tissues; appropriates the starch and the sugar as fuel to sustain the combustion necessary for the development of its internal heat; inhales oxygen, which at the same time develops life, but destroys the organism, oxidizing and burning the starch and sugar, by which they are again resolved into carbonic acid and water; and oxidizes and degrades the assimilated protein into urea, which is expelled from the organism, and resolved into carbonic acid and ammonia, which are destined ultimately to re-enter the same cycle of change. The following table by Dr. Carpenter indicates synoptically the part played by animals in the conversion of food :—

Food, consisting of albuminous and other compounds,	}	con-verted	}	Living organ-ized tissue,	}	and this metamor-phosed into	}	{	{
									Carbonic acid and water thrown off by respiration.
									Urea and biliary matter, thrown off by other excretions.

These changes are incessant during the life of the animal; but the animal ultimately dies, and is entirely resolved into its inorganic elements. And there can be no doubt that the material elements which formerly entered into the composition and helped to build up the bodies of the ancient races who have long since been gathered to their fathers, now perform similar offices in the bodies of living men.

The following table shows the leading distinctions between plants and animals in relation to food and digestion :—

ANIMALS	VEGETABLES
Live on highly nitrogenous organic food.	Appropriate but a small quantity of nitrogenous inorganic food.
Live actively.	Live slowly.
Waste rapidly.	Waste slowly.
Renovate and repair slowly.	Change slowly.
Consume proximate principles.	Live on inorganic food.
Convert one proximate principle into another.	Build up proximate principles.
No animal is nourished by carbonic acid or ammonia.	Plants are nourished by carbonic acid and ammonia.
Changes produced by inherent powers of organism.	Changes are produced by external forces, heat, light, and electricity.

Food is rendered necessary by bodily waste ; the quantity of food required must therefore depend on the rate of waste, and the quality or kind of food upon the nature of the waste. The principal waste of the body consists of carbonic acid and water evolved from the lungs, and urea and uric acid excreted by the kidneys and the organs connected with the alimentary canal. The daily supply of food must therefore contain as much carbon, hydrogen, and nitrogen as is daily excreted from the body in the former substances, or the body slowly crumbles into ruin. But the animal organism possesses only a very feeble constructive power ; the nitrogen required must be therefore presented to it very nearly in that form in which it is assimilated by the body ; in other words, the nitrogen must be presented in the form of "protein," or some modification of it, as albumen, fibrin, and casein, more or less similar to that which exists in the tissues. The composition of the body remaining the same, the quantity of nitrogenous food daily required to build up the wasted tissues must be such as shall contain an amount of nitrogen equal

to that contained in the urea and other nitrogenous excretions.

By determining the daily amount of these excretions or degraded tissues, the quantity of flesh-forming or nitrogenous food which must be ingested per day, to sustain the animal body at its full weight and vigour, may be calculated with a fair degree of accuracy.

In like manner, the quantity of carbon that must be taken into the body daily in the carbonaceous or heat-forming food, must equal the quantity of carbon evolved from the lungs and the skin in the form of carbonic acid, *plus* the carbon passed out of the system through the bowels and the kidneys.

If the whole of the food taken were digested, it would be easy to determine the amount of the excretions proper, and thus the quantity of the tissues disintegrated daily; but in general considerable quantities of undigested food pass out of the intestines with the excretions, and there is no certain mode of accurately determining the respective quantities of these egesta.

Food is an Exponent of Work.—It is a familiar fact that for a man or a horse to work hard he must eat well; but science alone can indicate the mathematical accuracy of the relation between eating and working. Dr. Playfair, M.P., in a most instructive and philosophical paper recently published, entitled "The Food of Man in Relation to his Useful Work," has produced much additional evidence, showing that the nitrogenous food alone becomes a source of dynamical or mechanical and of mental work. He

shows that a horse may be kept in a condition of health during a state of quietude when fed daily on 12 lbs. of hay and 5 lbs. of oats,—food containing about 29·2 oz. of nitrogenous or flesh-forming food ; but that if required to do much work, he should get daily 14 lbs. of hay, 12 lbs. of oats, and 2 lbs. of beans, which contain about 56·2 oz. of flesh-formers. The difference in these amounts therefore indicates the amount of the flesh-formers required for the performance of the mechanical labour, over that required for mere subsistence, as follows :—

Horse at work . .	56·2 oz.	of plastic food.
Horse at rest . .	29·2	„

— — —

Difference . .	27·0 oz.	„
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The food equivalent of the mechanical labour of the horse is therefore 27 oz. of flesh-formers.

Again, the amount of flesh-forming food required to keep an ordinary man of good health in a state of quietude is about 2 oz. ; and the amount of flesh-formers required to keep the same man in a state of health when performing similar mechanical labour (pulling weights horizontally) is 5·5 oz.

Man at work requires 5·5 oz.	of flesh-formers.
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Man at rest „	2·0	„
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—

Difference for work	3·5 oz.	„
		27

The horse at work therefore consumes $\frac{27}{3·5} = 7·7$, or

nearly eight times as much labour-food as the man at work. But what relation does the quantity of work performed by the man bear to the quantity of work

performed by the horse? Mechanical physicists have estimated the work of a horse at 12,400,000 foot pounds, and the work of a man at 1,500,000 foot pounds;

therefore $\left\{ \begin{array}{l} \text{the work of horse} = \frac{12,400,000}{1,500,000} = 8.26 \\ \text{,, man} = \end{array} \right.$

or, in other words, the work of the horse bears the same relation to the work of a man that the labour-food of the horse bears to the labour-food of the man.

Let this same inquiry be extended to the labour of the ox. Dr. Playfair states that a well-fed ox gets 50 lbs. mangel-wurzel, 3 lbs. of beans, and 17 lbs. of wheaten straw per day, the whole containing 38.6 oz. of flesh-formers. The work of an ox has been estimated at 8,640,000 foot pounds.

Work of horse in foot pounds = $\frac{12,400,000}{8,640,000} = 1.43$;
 ,, ox ,, =
 that is, the work of the horse is 1.43 times that of the ox.

But the labour-food of the horse, divided by the labour-food of the ox, = $\frac{56.2}{38.6} = 1.45$.

That is, the labour-food of the horse is about as many times greater than the labour-food of the ox as his work is greater than the work of the ox.

It is said that railway contractors practically recognise the principle of "food as an exponent of work" by discharging those labourers whose appetites fail.

The quantity of food required per day to sustain the body of an adult in a state of health is a problem which has undergone considerable patient investigation by Dr. Pavy, F.R.S., whose recent work on Food

and Dietetics is well worthy attention. The amount of food varies greatly with age, temperature, and work. There are two modes of determining this problem with various degrees of accuracy. The first consists in ascertaining by careful examination and inquiry the amount of food actually consumed by different bodies of men of all classes of the community under the different circumstances of labour, quietude, &c. ; the second consists in determining accurately the amount of the various excretions, particularly carbonic acid and urea. The former is probably much the safer for practical guidance, the latter probably much more accurate for scientific purposes. For detailed information on the subject of diet the reader is also referred to the treatise of Dr. E. Smith, entitled "Practical Dietary," which should be in the possession of every school-master.

The following table shows the results of some inquiries with regard to the carbon excreted by adults of various occupations, also the carbon ingested in the food eaten by the same classes. It refers to men in the middle life and of full average health, size, and activity.

CARBON EXCRETED PER DAY.		CARBON CONSUMED PER DAY.	
In perfect quietude . . .	7·9	Cotton and silk opera-	} 10·5
Middle and light labour-	} 9·5	tives, stocking wea-	
ing classes		vers, needlewomen,	
Hard labouring classes . .	12·5	shoemakers	} 13·2
		Out-door labouring classes	

The adult body occupied in middle or light labour requires a daily minimum supply of food containing $9\frac{1}{2}$ to 10 oz. of carbon, and that the ordinarily hard-

working classes require a minimum supply of carbonaceous food containing $12\frac{1}{2}$ to 14 oz. of carbon. He estimates the quantity of carbon actually consumed per day at 25 grs. for every 1 lb. of the bodily weight. In addition to this, a portion of carbon from the food escapes by the bowel, making a total of 28 grs. of carbon actually required as a minimum to sustain the body of an adult weighing 150 lbs. in a state of permanent health.

In the case of an infant 136 grs. of carbon were given daily for each 1 lb. of its weight, the infant thus receiving three or four times as much carbon in proportion to its weight as is ordinarily supplied to an adult; and from a similarly extensive course of investigations with respect to the quantities of nitrogen excreted daily, we have the following results:—

NITROGEN EXCRETED DAILY.	NITROGEN CONSUMED IN DAILY FOOD.
Middle and light labouring classes about 200 grs.	Light labouring in-door classes 183 grs.
Middle and well- fed classes ,, 260 ,,	Out-door labourers in England 242 ,,

There is a slight discrepancy in the above quantities between the amount of nitrogen consumed and excreted, the latter being in excess, which is not explained, nor is it very important.

Dr. E. Smith infers from these data that a lightly occupied adult requires 200 grs., and an ordinarily hard-working labourer 250 grs. of nitrogen per day in his food.

The nitrogen actually assimilated or taken into the blood was 0.934 gr. to 1.4 gr. for each 1 lb. weight of

the body. Adding to this the amount daily passed off in the refuse food, he estimates the total amount of nitrogen required in the food per day at 1 to $1\frac{1}{2}$ gr. for each 1 lb. of the weight of the body.

The nitrogen required by the infant for each 1 lb. body weight is about six times that required by the adult.

The reader will bear in mind the distinction between the nitrogen and the nitrogenous substance consumed, the latter being many times greater than the former.

Dr. Brinton gives the loss of albuminous or nitrogenous substances at $1\frac{2}{3}$ oz. per day, or about 1 and $\frac{1}{350}$ th of the entire weight of the body, which must be restored by food. He also states that a new-born infant weighing 6 to 7 lbs., taking 10 to 12 oz. of milk per day, introduces about $\frac{1}{270}$ th of its total bodily mass daily.

The following table shows the quantity of salts required to supply the daily loss of these substances:—

QUANTITY OF SALINE CONSTITUENTS REQUIRED DAILY.

Phosphoric acid	32 to 79	grs.
Chlorine	51 „ 175	„
Sulphuric acid	17 „ 41	„
Potash	27 „ 107	„
Soda	80 „ 171	„
Lime	2 $\frac{1}{3}$ „ 6 $\frac{1}{3}$	„

209 $\frac{1}{3}$ to 579 $\frac{1}{3}$ grs.

If the chlorine and sodium be reckoned together as common salt, about 200 grs., or nearly half an ounce, is required daily. But it must be recollected that the greater portion of this substance is already contained in the food, without any further addition of the mineral itself.

Water can scarcely, in the accepted sense of the term, be considered food, since in all probability the water entering into the chemical composition of the tissues is derived from the water chemically combined with the food, yet it is an indispensable accompaniment of most ordinary kinds of food. The quantity retained in the body varies with exercise, temperature, &c. It is retained in the body in much larger quantities during rest than during activity; and the great reduction in the bulk of the body which occurs during a course of training for a pedestrian race, or a pugilistic contest, is due to the loss of this fluid. Water is the essential vehicle by which the food is conveyed into the system, and by which the waste materials are removed out of it. The quantity of water required to supply the daily wants of the system, under conditions of moderate exertion and temperature, is estimated at about 6 lbs., or nearly 5 pints.

—	Sub- sistence Diet.	Diet in Quietude.	Diet of Adult in Full Health.	Diet of Active Labourers	Diet of Hard- worked Labourers.
	oz.	oz.	oz.	oz.	oz.
Flesh-formers	2'0	2'5	4'2	5'5	6'5
Fat . . .	0'5	1'0	1'8	2'5	2'5
Starch . .	12'0	12'0	18'7	20'0	20'0
Starch equivt.	13'2	14'4	22'0	26'0	26'0
Carbon . .	6'7	7'4	11'9	13'7	14'3

A prize-fighter in training, who walked 17 miles daily for exercise, consumed the following:—

Flesh-formers	9'8 oz.
Fat	3'1 „
Starch	3'27 „
Starch equivalent	10'70 „

Food may be defined, with sufficient accuracy for all practical or scientific objects, as consisting of all those nutritious substances which are taken into the alimentary canal from the exterior of the body for the purpose of being digested, and may be classified, according to its nature and functions, under three divisions, viz. :—1. Plastic or nitrogenous food, which builds up, repairs, and nourishes the tissues. 2. Respiratory or fuel food, which sustains the animal heat. 3. Mineral food, consisting of minute quantities of the alkaline and earthy salts.

The following table shows the different kinds of food and their principal varieties :—

Food.	{	Inorganic	{	Water.						
			{	Salts.						
	{	Organic .	{	Plastic .	{	Albumen . .	Contains oxygen, hydrogen, carbon, and nitrogen.			
					{	Fibrin . .				
					{	Casein . .				
					{	Gelatin (?) . .				
					{	Gluten . .				
					{	Legumin . .				
					{	Respira- tory .		{	Oleagi- { Fats }	Contains carbon, hydrogen, oxygen.
								{	nous { Oils }	
				{	Saccharine .					
				{	Starchy . .					

Plastic Food is so called because it affords the material out of which all the tissues are originally formed, and by which they are subsequently repaired and nourished. It is also termed flesh-forming, azotized, nitrogenous, or albuminous food. This kind of food has been described as exclusively consisting of true nutriment, but there can be but little doubt that some of the elements of the tissues are also derived from the carbonaceous or heat-forming food.

All vegetables contain more or less of these flesh-forming principles; a few of them, as peas and beans, contain them in very great abundance, but in a form comparatively indigestible to human beings. The principal plastic constituents of flesh meat are albumen, fibrin, and gelatin (it is doubtful whether the latter exists in uncooked meat; its nutritive value is also doubtful); of bread, gluten; and of peas and beans, legumin or casein. Milk is generally regarded as a model food, containing all the various constituents of the food necessary to perfect nutrition, viz., the plastic, the oleaginous, the saccharine, and the saline principles. The plastic element in milk is casein; the respiratory elements consist of fat (butter) and sugar of milk. It also contains phosphate of lime and other salts necessary to the formation of bone and other tissues.

The following tables by Dr. Brinton show the composition of human and cows' milk:—

HUMAN MILK.

Water	88
Solids	{	Flesh-former, <i>Casein</i>	.	3.5	{	12
		Heat-givers	{	5.0 Sugar		
		Salts	{	3.3 Butter		
		2
						100

COWS' MILK.

Water	86
Solids	{	Flesh-former, <i>Casein</i>	.	5.5	{	14.2
		Heat-givers	{	3.5 Sugar		
		Salts	{	4.5 Butter		
		7
						100.2

It will be seen from the above tables that cows' milk contains less water and sugar of milk, but more butter: to make it approximate in composition to that

of human milk, for use in the nursery, it therefore requires to be diluted with water, and sweetened by the addition of sugar of milk.

COMPOSITION OF FLESH MEAT (BEEF).

Water					50
<i>Flesh-formers</i> {	Fibrin and Albumen	8			} Solids . 50
	Gelatin (?)		7	15	
Heat-givers .	Fat			30	
Mineral matter (Salts)				5	—
					100

One-half of ordinary uncooked beef, as is seen from the table, consists of water; consequently several vegetable substances, as lentils, peas, and beans, which contain comparatively little water, are, bulk for bulk, or weight for weight, much richer in plastic food. But little importance can be attached to the quantity of gelatin mentioned in the table. It is doubtful whether it exists in raw meat, or in flesh in its natural state, and its properties as a flesh-former are still more open to suspicion. The great value of flesh meat results not so much from its richness in the nitrogenous or plastic elements as from their easy digestibility.

The following tables show the proximate chemical composition of ordinary wheaten flour, barley, oatmeal, potatoes, rye, rice, peas, and lentils :—

WHEATEN FLOUR.

Water					14.0
<i>Flesh-formers</i> {	Gluten		12.8		} 14.6
	Albumen		1.8		
	Starch		50.7		} 63.1
Heat-givers .	Sugar		5.5		
	Gum .		1.7		
	Fat .		1.2		
Cellulose (fibre)					1.7
Ashes					1.6
					100.0

BARLEY.

Water		14'0
<i>Flesh-former</i>	(Gluten)	12'8
Heat-givers	{ Starch	48'0
	{ Sugar	3'8
	{ Gum	3'7
	{ Fat	0'3
Woody fibre		13'2
Ashes (mineral matter)		4'2
		<hr/> 100'0 <hr/>

OATMEAL.

Water		13'6
<i>Flesh-formers</i>		17'0
Heat-givers	{ Starch	39'7
	{ Sugar	5'4
	{ Gum	3'0
	{ Fat	5'7
Fibre		12'6
Mineral matter		3'0
		<hr/> 100'0 <hr/>

POTATO.

Water		75'2
<i>Flesh-formers</i>		1'4
Heat-givers	{ Starch	15'5
	{ Sugar	3'2
	{ Dextrine	0'4
	{ Fat	0'2
Fibre		3'2
Ashes		0'9
		<hr/> 100'0 <hr/>

The potato is the least nutritious (flesh-forming) plant cultivated for human food. 1 lb. of potatoes only contains 1-3rd of an oz. of flesh-formers. In some parts of Ireland a labourer is allowed 10½ lbs. daily in addition to a large supply of buttermilk.

RYE.

Water	13'00
<i>Flesh-formers</i> .	{	Gluten	10'79	13'83
		Albumen	3'04	
	{	Starch	51'14	61'14
Heat-givers . .		Gum (?)	5'31	
		Sugar	3'74	
		Fat	0'95	
Woody fibre	10'29
Mineral matter	1'74
<hr/>				
				100'00

RICE.

Water	13'5
<i>Flesh-former</i> .	(Gluten	6'5
	{	Starch	74'1	76'2
Heat-givers . .		Sugar	0'4	
		Gum	1'0	
		Fat	0'7	
Woody fibre	3'3
Mineral matter	0'5
<hr/>				
				100'0

PEAS.

Water	14'1
<i>Flesh-former</i> .	(Casein or Cheese	23'4
	{	Starch	37'0	50'0
Heat-givers . .		Sugar	2'0	
		Gum	9'0	
		Fat	2'0	
Woody fibre	10'0
Mineral matter	2'5
<hr/>				
				100'0

LENTILS.

Water	14'0
<i>Flesh-former</i> .	(Casein	26'0
	{	Starch	35'0	46'0
Heat-givers . .		Sugar	2'0	
		Gum	7'0	
		Fat	2'0	
Woody fibre	12'5
Mineral matter	1'5
<hr/>				
				100'0

Peas, beans, lentils, and other leguminous plants are among the most highly nutritious substances known; but they are very indigestible. The meal of the lentil is more easily digested, and enters largely into the food of many European countries.

Gluten, or vegetable fibrin, is the nitrogenous constituent of cereal seeds. It forms the grey, sticky, tenacious, tasteless substance which is left when flour is made into a paste, and kneaded in a fine linen bag, under a gentle stream of water, so long as the water is rendered milky. It very much resembles birdlime. The white substance washed away consists of starch.

Legumin is identical in composition with the nitrogenous principle of beans, peas, and lentils; if not actually identical with casein, or cheese, it very closely resembles it. The Chinese prepare a kind of cheese from peas.

Heat-forming, respiratory, carbonaceous, or fuel food abounds in carbon and hydrogen, the combustion of which in the body develops and sustains the animal heat. The chief respiratory foods are starch, sugar, and the fats. In the two former the carbon only is burnt, the hydrogen being already oxidized; in the latter the hydrogen as well as the carbon is burnt; it is therefore a more powerful respiratory food than the former. Starch and sugar contain oxygen in the proportions in which they form water; that is, the number of atoms of oxygen and hydrogen they contain are equal. Fats contain a very large excess of hydrogen, and but a small proportion of oxygen; the heat developed by the combustion of equal weights of

sugar and fat is therefore much greater in the case of the latter than of the former.

In very cold regions the quantity of fat consumed would scarcely be credited but for the known veracity of the authorities by whom the facts are reported. Sir John Franklin states that he tried how much fat an Esquimaux lad about 14 years of age could eat. The boy devoured 14 lbs. of tallow candles and a piece of fat pork, and would have consumed more, but Sir John felt he had already sacrificed enough for the purpose of an experiment.

Butter possesses the general food properties of other oils and fats ; in addition to which it has the property of being exceedingly palatable, which accounts for its extensive use. Though the fats are essentially heat-forming, there can be but little doubt that they aid nutrition by combining with the albuminous principles of the blood (especially when, as in cases of consumption, they are in excess), thereby rendering the blood more plastic (increasing its tissue-forming power), and preventing the formation of tubercle. The preventive and curative agency of cod-liver oil in consumption is attributed to this action. Every child should be trained to eat fat at its meals ; but treacle, which is often used in the poorer families in place of butter, is, especially during the colder months of winter, a very inferior food substitute for it.

Stimulants are defined as substances which temporarily increase the activity or force of the system, or of a part of the system ; the temporary excitement being followed by a recoil or depression of greater or less intensity, bearing proportion to the previous ex-

citement. Dr. Anstie, in an able work recently published, shows this definition to be open to serious objection; but the limits of this little book will not allow of further reference to this interesting subject. The principal stimulants in ordinary use are tea, coffee, beer, wine, and spirits.

The following tables show the composition of tea and coffee :—

TEA.				
Water	5'00
<i>Flesh-formers</i>	{	Theine . . .	3'00	18'00
		Casein . . .	15'00	
<i>Heat-formers</i>	{	Aromatic oil . . .	0'75	25'75
		Sugar . . .	3'00	
		Gum . . .	18'00	
		Fat . . .	4'00	
Tannic acid	26'25
Woody fibre	20'00
Mineral matter	5'00
				<hr/> 100'00
COFFEE.				
Water	12'000
<i>Flesh-formers</i> . .	{	Caffeine . . .	1'750	14'750
		Casein . . .	13'000	
<i>Heat-formers</i> . .	{	Aromatic oil . . .	'002	27'502
		Sugar . . .	6'500	
		Gum . . .	9'000	
		Fat . . .	12'000	
Potash with peculiar acid	4'000
Woody fibre	35'048
Mineral matter	6'700
				<hr/> 100'000

Though it is usual to describe the constituents of tea and coffee as flesh-formers and heat-formers, it is tolerably certain that they are not digested, and therefore have no such value. The use of these substances

really depends upon the palatable beverage and the refreshing stimulus they afford, and not upon their food-power. Their stimulating properties are chiefly due to the theine or caffeine and the volatile oil they contain.

Cocoa, which is frequently substituted for tea and coffee, differs, however, greatly from them in affording an exceedingly nutritious liquid food in place of mere stimulating drinks. Its proximate chemical composition differs from that of tea and coffee principally in the large quantity of fat and albumen it contains. Theobromine is very similar to theine or caffeine in its chemical qualities and composition.

COCOA.				
Water	5'0
<i>Flesh-formers</i>	{ Albumen	20'0	}	22'0
	{ Theobromine	2'0	}	
<i>Heat-formers</i>	{ Butter	50'0	}	63'0
	{ Gum	6'0	}	
	{ Starch	7'0	}	
Woody fibre	4'0
Red colouring matter	2'0
Mineral matter	4'0
				<hr/>
				100'0

The Alcoholic Stimulants, beer, wine, and spirits, are neither useful nor economical as food; they depend for their popular use on their stimulating properties, which are due to the alcohol they contain, and which vary in degree according to the quantity of alcohol present. Alcohol contains no nitrogen, and therefore contains no flesh-forming principle, and can add nothing to the substance of the decaying tissues. It was formerly classed among the heat forming foods, and supposed to save the tissues by supplying the

combustion material necessary to the development of the animal heat ; but it was classed among these bodies from purely theoretical considerations. Recent experiments tend to show that alcohol undergoes no chemical change in the body, that it does not become oxidized in the system, but passes out unburnt as alcohol, and therefore can neither have developed heat nor have saved the tissues. Alcohol is said by some writers to economize the tissues by arresting waste ; but recent experiments show that certain kinds of spirit actually increase the waste of the system. The testimony of all the great authorities who have latterly had the opportunity of observing its effects on masses of men exposed to excessive cold or heat, or on those who are required to exert great and continuous mental or muscular labour, is decidedly against the use of these stimulants.

Condiments are substances taken with the food to impart relish, or to stimulate the digestive organs. The chief condiments used in this country are salt, mustard, pepper, and ginger. They stimulate the action of the salivary glands and the mucous coat of the alimentary canal. With the exception of salt, the less condiments are used in health the better, especially by the young. Their free use produces artificial thirst, and thus sometimes leads to the formation of drinking habits.

The following table, which is founded upon the results of Dr. Beaumont's experiments, is extracted from Combe's "Physiology of Digestion :"—

TABLE SHOWING THE DIGESTIBILITY OF DIFFERENT KINDS OF FOOD.

	h.	m.		h.	m.		h.	m.
Rice, boiled	1	0	Oysters, raw	2	55	Heart, fried	4	0
Tripe „	1	0	Eggs, soft-boiled	3	0	Fowl, boiled	4	0
Eggs, raw	1	30	Beefsteak, broiled	3	0	Veal, broiled	4	0
Apples, ripe, raw	1	30	Mutton, boiled	3	0	Beef, hard, old, salted, boiled	4	15
Brains, boiled	1	45	Apple dump-ling, boiled	3	0	Soup, beef, vegetables, and bread	4	0
Sago „	1	45	Bread, wheaten	3	30	Soup, marrow-bones	4	15
Tapioca „	2	0	Butter, melted	3	30	Pork, salt, boiled	4	30
Milk „	2	0	Cheese, old and streng	3	30	Veal, fried	4	30
Milk, raw	2	15	Potatoes, boiled	3	30	Duek, roasted	4	30
Eggs, roasted	2	15	Eggs, hard-boiled	3	30	Suet, beef, roasted	5	3
Gelatin, boiled	2	30				Pork, roasted	5	15
Potatoes, baked	2	30						
Mustard, baked	2	45						
Apples, sour, raw	2	50						

Nutritiousness and Digestibility, though generally confounded in the popular estimation, are entirely different properties. Some bodies, as cheese, consist almost entirely of nutriment, but are exceedingly indigestible; others again, as rice, are exceedingly digestible, but contain comparatively little nutriment.

Economical Admixture of Foods.—About 300 grains of nitrogen and 4,600 grains of carbon are daily thrown out of the system by the lungs, skin, kidneys, and bowels. A well-arranged system of diet should supply these elements in very nearly their due proportion, and not compel us to take very much more of the one element in order that we may obtain the requisite supply of the other. Hence arises the economy of the proper admixture of foods. If a man lived on potatoes alone he would require at least 13 lbs. daily to supply the required nitrogen; if on bread, he would

require 4 lbs. ; while, on the other hand, if he lived on meat alone, he would require $6\frac{1}{2}$ lbs. daily to supply the necessary carbon ; whereas an admixture of 2 lbs. of bread and $\frac{3}{4}$ lb. of meat would be amply sufficient, thus economizing both food and digestive force.

Hunger.—The peculiar sensations consequent on hunger would seem to refer it to the stomach ; also the fact that in the normal condition of the body the feeling disappears on the introduction of food, or even of indigestible and innutritious substances. It is well known that some savage and half-civilized races are in the habit of introducing clay, sawdust, and other similar innutritious substances into the stomach to allay the cravings of hunger, and in this country tobacco is largely used for this purpose. The pangs of hunger are thus probably somewhat allayed, but the sense of emptiness and the faintness arising from want of food remain.

Hunger has been variously attributed by different physiologists to the following causes :—

- (1.) Emptiness of the stomach.
- (2.) The irritation of the coats of the stomach by the gastric juice.
- (3.) To the distension of the stomach follicles by the gastric juice.
- (4.) The wants of the system.
- (5.) The capillary condition of the coats of the stomach.
- (6.) The subjective feeling consequent on the state of the brain and nervous system. Dr. Mayo states that a person may be hungry without a stomach and thirsty without a throat.

Thirst.—Thirst, like hunger, is a general or systemic sensation ; that is, a state of feeling brought about by the wants of the system. Its more immediate or local seat is the mucous membrane of the back of the mouth, the fauces, and the top of the throat. Its normal cause is a deficiency of fluid in the body ; and it may be immediately relieved by introducing water into the system through an opening in the stomach, through the intestines, through the skin, or by immersion in a warm bath.

SUMMARY OF FOOD—HUNGER AND THIRST.

Food consists of substances taken into the stomach for the purpose of digestion, or of conversion into blood. Food is rendered necessary by the waste of the system. Food is the primary source of nervous and muscular power. Food which supplies calorific power is termed heat-forming, respiratory, carbonaceous, or fuel food ; and consists of starchy, saccharine, or oleaginous bodies which contain a preponderance of carbon, or of carbon and hydrogen. Food which supplies dynamical (mechanical and mental) power is termed histogenetic (tissue-forming), nitrogenous, azotized, proteinous, or albuminous ; and consists of substances which are comparatively rich in nitrogen, as milk, eggs, flesh, cheese, peas, beans, and other bodies containing fibrin, albumen, casein, or gluten.

A small portion of the respiratory food also probably contributes to the formation of the tissues ; and likewise a portion of histogenetic or albuminous food to the development of the animal heat.

The student and the hard-labouring professional

man require even more histogenetic or tissue-forming food than the ordinary physical labourer.

A due supply of animal food is necessary to the development of a high civilization ; that is, to the development of races who are capable of sustained muscular and mental labour.

Alcohol, either strong or dilute, cannot possess any histogenetic power from its deficiency of nitrogen ; and, as far as the results of modern experiments can show, is neither oxidized nor burnt in the system, and therefore is probably neither a heat-former nor a flesh-former. It is consequently deficient in true food-power, or, in other words, can neither nourish the body nor develop heat.

A due mixture of heat-forming and flesh-forming food is most beneficial, economizing both food and digestive (vital or nervous) power.

An excess of animal food is much more injurious than a corresponding excess of vegetable food.

Cooking renders food more savoury, wholesome, and digestible, and destroys the parasitic animals which might otherwise excite serious if not fatal disease ; it saves food, and enables the same amount of digestive (vital) power to do more effective work, and diminishes the quantity which would otherwise pass away undigested.

Any system of instruction in cooking which does not include some knowledge of the chemistry and physiology of food must be defective. What is food ? how is it converted into blood ? how does the blood circulate ? and how is the body nourished and kept in health ? are questions of the greatest importance in

their relation to public health and morality, and should be generally taught in all our schools.

SALADS.

Salads are a very simple and harmless luxury, and they make an agreeable addition to our ordinary food, and, if taken with plenty of oil, are very wholesome. In this country we are perfect savages in the making of salads. The dressing is often served up in a twisted bottle, and the wet vegetables are heaped up on a dish like food for cows, with the polite invitation to every one to help himself. A salad properly prepared should be one of the most attractive dishes on the table. There are many little things necessary to secure a good salad, and their variety is only limited by the ingenuity of the cook. The Spanish proverb is that four persons are necessary to make a good salad,—“A spendthrift for oil, a miser for vinegar, a barrister for salt, and a madman to stir it up.” Young ladies in the country, where they have an abundance and variety of vegetables, might render a national service if they would turn their attention to salads as well as to croquet. If you wish to preserve the crispness and flavour of green vegetables for salads they should be gathered either early in the morning or late in the evening, and put in a cool damp place. To soak green vegetables in water to keep them fresh, or to keep up the appearance of freshness, is a mistake. Lettuce, which is the chief thing in most green salads, should be eaten young or the leaves are too strong for a delicate salad, and if possible lettuce should never be washed or cut with a steel knife: the best way is to

break the lettuce into the bowl, or to cut it with a silver knife. If you must wash the vegetables do it quickly, and thoroughly dry them in a clean cloth before putting into the salad bowl. A salad should never be prepared till a few minutes before it is wanted. A variety of vegetables may be used according to taste, but the fewer the better; cress is often too thready to be used agreeably; the chief vegetables are lettuce, endive, radishes, onions, basil, mustard, watercress, cucumber, celery, mint, parsley, beetroot, dandelion, tarragon, chervil, sorrel, and tomatoes. On the Continent cold meat, fish, fowl, and game are more often served as salads than green uncooked vegetables. Our forefathers had the same notion of salads, which were frequently prepared by them from previously cooked meat and vegetables. Ravigote (see page 131) is sometimes sprinkled over the salad. Above all things be particular with the sauces and jellies, meat or fish, served as part of the salad.

MACEDOINE SALAD.

Ingredients.

French beans.	Green peas.	Mayonaise sauce.
Carrots.	Celery.	Beetroot.
Asparagus.	Artichoke.	Turnips.
		Ravigote.

Blanch and boil separately, and cool and dry in a clean cloth equal quantities of some or all of the following vegetables—young carrots, turnips, beetroot, French beans, celery roots, green peas, asparagus peas (the young tops of asparagus are called asparagus peas), and two artichoke roots. When cooked, cut neatly into dice of about three-eighths of an inch:

mix the whole in a salad bowl, sprinkle with Ravigote, and season with mayonaise sauce.

Precautions.—This salad requires great care in the selection of young vegetables. When carefully made it is an excellent summer salad.

VEGETABLE SALAD.

Ingredients.

Carrots.	Peas.	Turnips.	Asparagus.
	French beans.	Ravigote.	

Boil separately equal weights, according to the quantity required, of the following vegetables:—French beans, carrots, green peas, turnips, and asparagus points; dry these vegetables in a clean cloth, and when quite cold cut them into dice of one quarter or three-eighths of an inch; the French beans should be cut into squares; now arrange them on a dish; begin by placing the French beans at the bottom and in the centre, arrange round the French beans in about equal quantities in narrow rows the carrots, then peas, then turnips, then asparagus points, and, if the dish is large enough and the vegetables sufficient, proceed again in the same order; sprinkle the surface with a table-spoonful of Ravigote—*i.e.*, finely-minced chervil, tarragon, burnet, chives, and garden-cress, all previously blanched, strained, cooled, and dried in a clean cloth. Serve with mayonaise sauce in a boat.

Precautions.—The success of this salad, like the above, depends on the vegetables being young and tender.

FISH SALAD.

Ingredients.

Lettuce.	Cucumber.	Beetroot.	Cold fish.
Tarragon.	Chervil.	Sorrel.	Mayonaise sauce.
Hard-boiled eggs.	Endive.	Nasturtium flowers.	
	Watercress.		

Take the remains of any cold boiled fish and cut them into small scollops about two inches, and dip them into mayonaise sauce ; wash if necessary two freshly-gathered young Goss lettuce, a little endive and watercress, and drain over a colander and dry in a clean cloth by shaking to remove all the water ; break up the lettuce, watercress, and endive into pieces about three-quarters of an inch in length, mince a small sprig of chervil, two leaves of tarragon, and a few leaves of sorrel, peel and slice one cucumber and one beetroot, mix all together thoroughly, and begin by rubbing the dish with garlic ; now arrange at the foundation a layer of the green vegetables, then a layer of cold fish, meat, chicken, lobster, shrimp, fowl, or game ; now a thin layer of mayonaise sauce, then a layer of vegetables, and so on, finishing with mayonaise sauce, and garnishing with nasturtium flowers ; some of the beetroot and cucumber may be reserved to arrange alternately round the edge of the dish, and hard-boiled eggs, or olives or aspic jelly may also be introduced : this makes a very pretty foundation. With all fish salads mayonaise sauce should be served in a boat.

Precautions.—The mayonaise sauce must be good and the vegetables fresh, and taste should be shown in the arrangement of the materials.

LETTUCE SALAD.

Ingredients.

Lettuce.	Tarragon.	Eggs.	Oil.	Eschalot.
	Vinegar.		Cress.	

If necessary wash two lettuces, dry them thoroughly in a cloth, and break the leaves or cut them with a silver knife into convenient pieces; put the yolks of two hard-boiled eggs into a basin (not boiled more than eight or nine minutes or the yolks will be dark-coloured), with a teaspoonful of dry mustard, pepper and salt to taste, and one tablespoonful of oil; work the mixture into a smooth paste and add gradually three tablespoonfuls of oil and two of vinegar; when mixed to the consistency of cream add two or three leaves of tarragon, and one small eschalot finely minced, and the whites of the two eggs cut into half-inch dice, then add the lettuce and a small handful of garden cress, and when the sauce is thoroughly mixed with the vegetables the salad is ready.

Precautions.—See that you have young tender lettuce, and be careful to mix the sauce thoroughly before adding the vegetables.

TOMATO SALAD.

Ingredients.

Tomatoes.	Oil.	Vinegar.	Mustard.	Basil.
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Take six tomatoes, but not too ripe to handle, cut them into slices and remove all the seeds, rub a dish with garlic, and lay them in a mixture of oil and vinegar in the proportion of two of oil to one of vinegar; sprinkle pepper and salt over them according to taste, and a few leaves of fresh basil finely minced. Let

them lie in the sauce for two hours, and the salad is ready.

Precautions.—Be careful in the selection of the tomatoes and well free them from seed.

POTATO SALAD.

Ingredients.

Boiled potatoes.	Capers.	Tarragon.	Thyme.
Parsley.	Garlic.	Oil.	Vinegar.

Cold boiled potatoes make a very good salad. Take one pound, cut them into slices the thickness of a penny, arrange them neatly on a dish which has been rubbed with eschalot or garlic. Mince equal quantities of capers and parsley, two or three leaves of tarragon and thyme, altogether about a tablespoonful, add oil and vinegar in the proportion of two of oil to one of vinegar, and pepper and salt to taste; work all well together, and pour over the potatoes.

Precautions.—For this salad the potatoes should be dry and well boiled.

CAULIFLOWER SALAD.

Ingredients.

Boiled cauliflower.	Tarragon.	Chervil.	Capers.
Parsley.	Garlic.	Thyme.	Marjoram.
	Oil.	Vinegar.	

Boil a cauliflower till tender, but not so as to break in pieces; when cold cut it up neatly into small sprigs. Beat up three tablespoonfuls of oil added gradually to one tablespoonful of tarragon vinegar and half a tablespoonful of common vinegar, add pepper and salt to taste. Rub the dish very slightly with garlic; arrange the pieces of cauliflower on it, strew over them some

capers, a little tarragon, chervil, and parsley, all finely minced, and the least bit of powdered dried thyme and marjoram. Pour the oil and vinegar over, and serve.

Precautions.—The cauliflower should be fresh and carefully boiled, and the salad not too much flavoured. The garlic may be omitted, or an eschalot finely minced used instead.

JELLIES, ICE CREAMS, AND ICES.

Animal gelatine is the basis of all jellies. Isinglass, which is the purest variety, is prepared from the swimming bladder of the sturgeon. The jelly sold in shops is a highly clarified glue, often made from the trimmings from tan yards. The preparation of a jelly is one of the most refined and delicate operations in cookery. The chief qualities of a jelly are colour, transparency, and flavour, which depend on the quality of the materials and the straining. Everything should be scrupulously bright and clean; the spoons should be of wood or bone, and for coloured jellies earthenware or copper moulds should be used. The jelly should be prepared the day before it is wanted, and the foundation is calf's feet, which may be regarded as one of the few English inventions in cookery.

CALF'S FOOT JELLY.

Ingredients.

Calf's feet. Eggs. Lemon. Loaf-sugar.

Take four calf's feet, scald them, and scrape off all the hair, split them, bone them, and remove any fat. Put them into a clean six-quart stockpot or saucepan

nearly filled with cold water. Let the water come to the boil and skim it most carefully, then let it simmer for eight or nine hours, occasionally adding a little boiling water to prevent the liquor from evaporating too much. At the end of this time there will be from three to four quarts of stock, which should be strained through a hair sieve into a basin and then removed to a cool place. The next morning remove all the fat, wash the jelly with warm water and wipe it with a clean cloth. Clarify the jelly by putting it into a stewpan with one pound and a half of lump-sugar, three-quarters of an ounce of cinnamon, six cloves, a teaspoonful of coriander seeds, the juice of eight lemons, and half a bottle of good sherry. If the jelly is to be used for fruit or liqueurs, the wine, cloves, lemon, and coriander seed must be omitted, and ten lemons used instead of eight.

Take the whites only of six eggs and one whole egg, whip them up in a basin, and then add a pint of the warm jelly and mix with the whipped eggs, stirring from right to left all the time. Pour the whole into the stewpan with the remainder of the jelly and continue stirring till it comes to the boil, simmer for fifteen minutes, dip the jelly-bag into boiling water, wring it out and put the peel of two lemons into it. Arrange the bag by tying it securely to two chairs, placed back to back a convenient distance apart, in a place free from dirt and dust. Strain the jelly through into a basin; repeat this two or three times till the jelly is quite clear, and then put it aside in a cool place till it is wanted. Cow heels may be used instead of calf's feet, but the jelly is not so delicate.

Precautions.—The jelly should not be agitated after it begins to liquefy, and a little melted isinglass when clarifying will give firmness to the jelly.

STRAWBERRY CREAM.

Ingredients.

Strawberries.	Cream.	Ice.	Gelatine.
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Soak two ounces of pure gelatine in cold water, just sufficient to cover it. Now take two punnets of strawberries, pick them, and put them in a basin with three-quarters of a pound of pounded loaf-sugar. After five or ten minutes pass them through a fine sieve and add the juice of one lemon. Dissolve the gelatine in a small clean stewpan over the fire, and when cold mix it with the strawberries by straining through a pointed strainer into another stewpan containing the purée of strawberries.

Surround the stewpan with ice and stir till the contents begin to freeze. Whip three half pints of cream, remove the stewpan from the ice, and lightly and gradually stir in the whipped cream. Take a cylinder mould (not tin) and fill it, place the filled mould in a basin with pounded ice round it, cover the top with the lid of a stewpan and cover the lid with ice, and in about two hours the cream will be set. Have ready a large basin of water, as hot as the hand can bear, dip the mould entirely in the water, take it out quickly, place a dish on the top of the mould, reverse it, and it is ready. If the cream does not leave the mould freely dip it again into the hot water.

Precautions.—Be careful not to break the jelly in turning out.

STRAWBERRY ICE PUDDING.

Ingredients.

Ice. Strawberries. Pounded loaf-sugar. Almonds.

Take two pints of strawberries, pick them, and put them in a basin with half a pound of pounded loaf-sugar, let them remain a few minutes, then pass them through a sieve (a purée). Melt one ounce of isinglass in half a pint of water, and when cold strain it through a fine sieve into the purée, and thoroughly mix by constantly stirring. Take a plain mould, which may be decorated with blanched almonds, fill it with the purée, put it on the ice, cover the top with a stew-pan lid, and then with ice. Let it remain two hours and it is ready.

Precautions.—Be careful in turning it out, and do not add the water till quite cold.

CLARIFIED SUGAR OR WATER ICES.

The water for these ices is prepared by dissolving one pound and a half of sugar in one pint of water, then beat up and stir in half the white of one egg, let it come to the boil and continue boiling for ten minutes with frequent skimming; strain through a hair sieve, and when cold the water is ready for use. This is called clarified sugar. There is often a little difficulty in freezing, which generally arises from the water or cream being too sweet. It will then be necessary to add a little more water or milk. Too much sugar in solution prevents the liquid from freezing. Ices are a very agreeable luxury and easily made, and the

quantities given in the following recipes are for one pint and a half of ice.

CHERRY-WATER ICE.

Beat up in a mortar one pound of cherries with their stones, and make them into a purée, then add the juice of two lemons to one pint of clarified sugar and half a pint of water, mix thoroughly and freeze.

LEMON-WATER ICE.

Rub off the rind of two lemons on some lumps of sugar, add the juice of six lemons and one orange, a pint of clarified sugar, and half a pint of water, strain through a hair sieve and freeze.

STRAWBERRY AND RASPBERRY-WATER ICE.

Place in a basin one pound of picked strawberries and half a pound of raspberries, make into a purée and mix with one pint of clarified sugar and half a pint of water, thoroughly mix and freeze.

RASPBERRY AND CURRANT ICE CREAM.

Prepare a pound of strawberries and half a pound of red currants, pass them through a sieve, and mix with three-quarters of a pound of powdered loaf-sugar, and a pint of cream. Freeze.

PINE-APPLE CREAM.

Remove the peel and seeds from a pine-apple, take one pound and work it to a pulp in a marble mortar, pass the pulp through a large hair sieve (purée), mix the purée with three-quarters of a pound of pounded

loaf-sugar and one pint of cream. Thoroughly mix and freeze.

GINGER ICE CREAM.

Bruise in a mortar six ounces of the best preserved ginger, and pass it through a hair sieve, add the juice of a lemon, half a pound of powdered loaf-sugar, and a pint of cream. Thoroughly mix and freeze.

LEMON ICE CREAM.

Rub off the rind of two lemons on some lumps of loaf-sugar, squeeze the juice of the lemons into a basin with the pieces of sugar, and add half a pound of powdered loaf-sugar and one pint of cream. Thoroughly mix, pass through a horsehair sieve, and freeze. A glass of good brandy added will make Italian ice cream.

STRAWBERRY ICE CREAM.

Take a pound of fresh strawberries, remove the stalks and cast aside the bad ones. Put them in a basin and sprinkle them with half a pound of powdered loaf-sugar, then add the juice of a lemon, make a purée by passing through a horsehair sieve, and add one pint of cream. Mix thoroughly and freeze.

ITALIAN CREAM.

Ingredients.

Isinglass.	Milk.	Sugar.	Lemon.	Sherry.
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Simmer half an ounce of isinglass in a little milk with the thin outer rind of half a lemon. Whip up half a pint of cream with the juice of two lemons,

half a gill of sherry, and a dessert-spoonful of pounded loaf-sugar. When the isinglass is all dissolved (remove the lemon rind), and, while warm, stir the whole together in a basin. Put it into a mould, stirring to prevent any settlement. This cream may be flavoured with any liqueur, with raspberry, strawberry, or any other fruits, instead of lemon, and coloured, if necessary, with cochineal.

Precautions.—The isinglass must be thoroughly dissolved in the milk before mixing.

APPLE FRITTERS.

Ingredients.

Apples.	Batter.	Hot fat.	Pounded loaf-sugar.
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Prepare a batter as directed in page 117. Peel some apples, Ribston or Blenheim pippins are the best. Remove the core with a vegetable cutter, and cut the apples across into slices of about three-eighths of an inch. Roll in pounded loaf-sugar and dip the slices into frying batter and fry in hot fat till they are of a nice yellow colour and crisp. Remove them on to a cloth and sprinkle with pounded loaf-sugar. Arrange them in a heap on a hot napkin and serve.

Precautions.—The temperature of the fat should be slightly increased after adding the fritters, and they should be well covered with batter before frying.

ORANGE SALAD.

Ingredients.

Oranges.	Pounded loaf-sugar.	Liqueur.
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Take one or two good oranges, wipe them, and cut them with the peel into slices of not more than a

quarter of an inch in thickness. Arrange them round a circular dish, and let each piece overtop its predecessor. Sprinkle over two ounces of pounded loaf-sugar and add a gill of brandy, or any liqueur ; but if sweet liqueurs are used, *only half* the quantity of sugar need be employed.

LECTURE XII.

“Use hospitality one to another without grudging.”

“Waste not, want not.”

THE COOKERY SCHOOL—FRENCH COOKING— WASTE—CONCLUSION.

LAST year I delivered 362 lectures on the general principles of cooking, and this year I have delivered 25 lectures, and I have reason to know, from a large number of communications from all parts of the country, that many hints given in these lectures have greatly improved the cooking in private houses. When persons came with a desire to learn, they rarely went away disappointed. I never lost an opportunity of enforcing the necessity of practical work in the kitchen. Lectures and illustrations are very useful in exciting an interest, but to know how to do anything, and to teach others with pleasure and confidence, you must be able to do the thing yourself. I urged over and over again, almost to weariness, the importance of repeating with your own hands in your own houses what you had seen in this school. The experiment of last year has developed into a national training school, with classes for practical instruction in cookery. Now the establishment of such a school is not so easy as it appears on paper. There are so many details essential to success, difficult to provide for, and difficult to foresee, that the person

who subscribes ten guineas for so good an object, comes off cheaply and cheerfully compared with those who have to work out these details to a satisfactory result. Every day, except Saturday, the daughters of noblemen, the wives and daughters of clergymen, domestic servants, and persons qualifying to teach others, assemble in this school from ten to four, and receive practical instruction in cooking; our great difficulty is in obtaining suitable persons to qualify as teachers. We want this cookery to grow into a part of our national education, so that no woman in future shall waste her husband's substance from ignorance. If we had the convenience, instead of teaching twenty, which is all we can accommodate, the number might easily be increased to a hundred without any great addition in the cost of management. We require every person attending this school, without any regard to their station in life, to learn, in the first place, how to light and manage a fire, to clean the fire-place, to whiten the hearth, to regulate the dampers, to manage an oven, to know the principles involved in the construction of Kitcheners and patent fire-places, the relative advantages of an open or closed range, the elementary principles of heat, the advantages and disadvantages of gas-stoves. When these have been mastered, we proceed to a matter of the first importance—the most scrupulous cleanliness in pots and pans, which is the cardinal virtue of all cookery, and the best method of cleaning them; the advantages and disadvantages of enamel, tin, copper, iron, and porcelain saucepans.

We then proceed to the proper tests for regulating the temperature of water and fat ; how to clarify fat ; the difference between simmering and boiling, between boiling and stewing, between broiling and frying, and the use of the Bain-marie and Captain Warner's cooking pot. When these elementary principles have been mastered—and it takes but little time, with an intelligent person under a good teacher—we proceed to the *pot-au-feu*—the preparation of stock soups and broths, roasting, braising, boiling, entrées, vegetables, jellies, ices, creams, sauces, fried and boiled fish, omelettes and soufflers, pastry, puddings, pies, sick-room cookery ; and I have no hesitation in saying, that any pupil, teacher, or young person of average intelligence, could learn to do all these things perfectly and thoroughly in three months. You may forget a piece of music, or your French, but you will never forget your cooking. A cookery school, then, is a place where the theory and the practice of cooking are taught by means of lectures, examinations, and practical work. Cooking must be taught as you would teach chemistry, or any other experimental science ; for cookery, rightly understood, is an experimental science. The chemistry and physiology of food should also be taught ; this would instruct us in the true nature and functions of food. The wide-spread ignorance on this subject, not only among the poor, but among all classes, is a wide-spread misfortune. You may fill the stomach without nourishing the body, and in nothing is this ignorance more evident than in the purchase of fat bacon and pork and potatoes among the labouring classes. There is some sense

in peas-pudding and fat pork, but none in potatoes and fat bacon. You cannot feed persons on these things without a gradual physical deterioration of the race.

The family dinner of every poor man ought to be a daily social elevating influence—a time when men exchange with their wives and children the courtesies of civilized life, and there is nothing to prevent the poorest labourer striving for such a civilization; and in this striving we have the hope and earnest of a better future. I wish the poor of this country could see the homes of some of the French peasantry. Be the food ever so plain or simple, with a few wild flowers and a clean cloth, is a constant refining, elevating influence in every house. I do not mean eating to excess, because gluttony, like drunkenness, is to be avoided as a sin. How many political questions and marriages have been settled over a dinner. Of all the influences of domestic life, it is undisputably the highest. You may civilize a savage by feeding him, and in no country is a good dinner more appreciated than in England; and in no country, among the middle and working classes, is good cooking so exceptional.

In every decent house a dinner should be regarded as the principal daily event of the family, a time for moral expansion, when persons meet not only to dine, but to laugh, to talk, to delight each other by wit and pleasant conversation, as well as to satisfy their hunger. Eating, then, is not the only purpose of a dinner; nor does an ordinary every-day dinner require a profound knowledge of cooking, it is only on special occasions that you require professional skill; and my

notion is, you should never invite persons to a dinner that cannot be prepared in your own house and by your own servants. We want lightness, brightness, and laughter, and it is when these are united to good domestic cookery that families know how to dine and enjoy what God has provided. Good cookery is required because it has a great moral influence in every family. In France, wealth is the exception, and poverty the rule; and prudent thrift is generally practised when not imposed by necessity. Economy in housekeeping—and by economy I do not mean niggardliness, but wise forethought—stands the first of domestic duties, and although the French, as a rule, live cheaply, they have what we have not, the faculty of making the best of everything. But I do not want you to imitate French manners and habits, only so far as they are better than our own. The eating of the middle classes in France, inexpensive as it is, is certainly superior to that of more wealthy persons in this country. Poverty does not prevent skill; poor and humble as the dish is, it has its proper flavour, its own individual character. Intelligence will often do more in the kitchen than money. Going to market does not mean purchasing things at the cheapest rate; it involves the higher talent of adapting the choice of the things you purchase to the use which it is proposed to make of them. The prevailing idea is small quantities and everything eaten up. The best way to have enough is to be careful not to have too much. No French woman would purchase the same kind of chicken for a fricassée as she would purchase if she meant to roast it; nor

would she purchase the same sort of vegetables to be eaten alone as those to be used in a soup, or the same meat for stewing as for roasting. When a sauce is to hide the inferiority and ugliness of a dish, there is no occasion to spend money on good looks. Less fuel is required for a small dish than a large one, and never have a larger fire than is necessary. The economy of feeding a family consists in avoiding expensive articles of food, and depending more on cheaper ones. If you place a joint of cooked meat at 1s. 6d. per pound before a family and let them eat till they are satisfied, you have an expensive meal; but if you begin with a little soup and bread or vegetables, which partially satisfy the appetite, a much smaller quantity of meat will be sufficient—and it follows that such a meal will be cheaper in proportion, as soup, bread, and vegetables are cheaper than meat, always having regard to the food value of your materials. Living on meat is now the most costly and extravagant of all living, and in this country we know of only four methods of cooking it—roasting, frying, boiling, and that horror of all households, hashed meat. We can roast a joint of meat equal to, or better, than any Frenchman; we can sometimes fry a pair of soles fairly; we can also boil, which is often one of the most wasteful kinds of cooking, and here our resources fail. To boil our food is to extract its flavour, its essences, and its juices, and a considerable portion of its nutritive properties in the water. In every other country this process is called making soup, which we despise, and so extensively is this principle applied that even

water in which haricot beans, cauliflowers, and cabbages have been boiled, is always kept to make a basis for a vegetable soup. Every liquid which has extracted the flavour of any boiled substance is looked upon as too valuable to be wasted. In this country it is common, after we have carefully extracted much of the flavour, gelatine, albumen, and fat from turkeys, fowls, beef, legs of mutton, green peas and beans, to carefully throw away the dirty water in which they have been boiled. This waste in the aggregate is enormous, because we have a senseless prejudice against swallowing soups and broths, which have been described as hot water stirred with a tallow candle. Now the fundamental principle of every sensible woman is, or ought to be, that everything which is in food ought to be eaten; that the whole of the nourishment should be carefully preserved in every food substance, and digested in the stomach, instead of being sent down the drain. We are none the better fed because we purchase more meat, and eat on an average about twenty-five pounds more, than any other nation. Except the harder sorts of vegetables, the French boil very little; from Dunkerque to Bayonne, from Nice to Strasbourg, nothing goes into the saucepan except to make a soup; but then the people live chiefly on soups. Meat is too expensive for men whose wages are far below the poorest agricultural labourer in Suffolk, and so they live on soups, stews, a little pork, beans, potatoes, and bread, and from these they make wholesome, nourishing meals; not a scrap is lost, everything finds its way into the stomach, and a

Picardy peasant, with very scanty materials, will live and enjoy life like a Christian much better than many a small farmer in this country. The cooking in French hotels and restaurants gives no idea of the excellent cooking in private houses in Picardy, Orleans, and Burgundy. There are too many artifices and too much coarse flavouring in restaurants and hotels which destroy the individuality of the thing cooked. The best French cooking is not to be had in Paris, except in a few houses; and as we ascend in the scale so we find the same principle: cook everything, eat everything, and waste nothing.

I have often spoken in this school against wastefulness. The waste of food through ignorance is to be pitied and partly excused, but when food is wilfully wasted it is a sin against God. One Sunday in August I walked through Hyde Park, and not far from the spot where men speechify on the shortcomings of governments, and within a few yards of churches and chapels, and rich people's houses, I saw at least two bushels of broken pieces of mouldy bread and the remains of joints of meat sufficiently good a few days before to have provided a dinner for twenty or thirty persons. A few hungry dogs—and there are fewer hungry dogs in London than hungry men—were gnawing vigorously at the bones; ugly, well-to-do dogs, with silk and velvet collars and silver bells, came and smelt and then passed on. The sparrows flew backwards and forwards from the trees, and ladies in gorgeous dresses, with ivory and gold Prayer-books, carried by well-fed servants, held up their heads and flounced by this shameful heap as if it were a load of

stones : no look of shame, no word of sorrow, although many of them had just returned from places where they had been to ask and thank God for their daily bread. No one seemed struck with the wickedness of this waste. For some time I watched the crowd as it passed on, but no one looked on this mouldy heap. At last one old man, on whose head time had begun to shed its prophetic snow, collected a few pieces and carried them away a little distance in his battered hat; he sat down on the grass and began to eat his Sunday dinner. I obtained a bag and collected some of the pieces, and I have brought them here for you to see. I do not want you to indulge in any common-place words of sorrow; I want you to look well to the ways of your own households, and set your hearts and faces against wastefulness. This bread and meat came not from the poor but the wealthy, a clear-out in the dead of night probably, and thrown over the railings before the family left.

For eight months in the year the husbandman labours with anxious thought through seed-time and harvest, and when the corn is gathered in, he rejoices because God has blessed and rewarded his labours. Churches, in accordance with an old Anglo-Saxon custom, are decorated with sheaves of wheat, barley, oats, flowers, and fruit, and you are invited to meet together and sing praises to Him who giveth food to all flesh; and when I reflect on the sunshine, and rain, and labour necessary to cultivate the earth and make it bring forth its increase, and the toil of the poor man to obtain bread in sufficient abundance without waste for his family, I feel there is a peculiar

sacredness attached to bread, which makes the waste of it more sinful in the eyes of Him who has promised seed-time and harvest, who covereth the mountains with grass, and giveth to every beast its proper food, and hath left us an example to gather up the fragments, that nothing be lost.

Every day since the school opened, the conviction has been deepening in my mind that of all civilized arts, none are of so much importance to the health and comfort of domestic life, and the physical well-being of a nation, as a sufficiency of good food made wholesome and digestible by good cooking. Not only among the poor, but among all classes, there exists a large amount of ignorance on the true functions of food, and as a natural result of this ignorance we have waste and suffering.

When I was solicited to undertake these lectures, I was not without my misgivings. I knew how difficult it was to awaken and sustain an interest in cooking. The fashion of this world had stamped the art as low, menial, and vulgar. If I have spoken severely at any time of the shortcomings and ignorance of domestic servants, I have never indulged in any time-serving flattery of their mistresses. A lady who teaches her servants and her children by the silent eloquence of a good example, in dress, in teachableness, in kindness, and in work, exercises an incomparably greater influence, and touches the heart more deeply and effectually than by constant fault-finding. I do not profess to be purer or better than others, but I am thankful that I have had the moral courage to resist all inducements to advertise in this school infants'

food, feeding-bottles, self-raising flour, egg powders, teething powders, baking powders, concentrated essences, sauces, patent fuel, stoves and other things, although the temptation to do so has often been dishonourably great ; and I am astonished to see the names of reputed scientific men plastered all over the country as godfathers and godmothers to the purity of tea and champagne, and the rich Protestant flavour of Irish bacon. A good, honest, genuine article at a reasonable profit will in time make itself known without the aid of testimonials, which are often more false than true. I have also endeavoured to teach the sacredness of food. What deep significance in the words, "Give us this day our daily bread!" How it links the daily food of man with the highest of all thoughts, that of God ! The English, perhaps more than any other people, were once distinguished for their love of home. Our pictures and our poetry have drawn their finest feelings and imagery from the pure domestic life of a happy English fireside. But one cannot fail to observe the gradual loosening of all the cords which once held husbands and fathers to their homes. Thousands of married men go home every night by late trains ; they prefer drinking and smoking and spending their evenings anywhere rather than with their families. The remedy for this state of things is to be found in better cooking, and the early education, both of mothers and daughters, in the practical duties of domestic life. It is a source of gratification to me to know that the work I have attempted in this school is appreciated. I have addressed nearly

65,000 persons, and delivered 387 lectures. I have endeavoured, in my humble way, according to my light, to do my best. I have laboured with earnestness and faith in a field hitherto uncultivated ; others may come in and reap where I have sowed, but as the rain and snow from the heavens doth not return, but moisteneth the earth, and maketh it generate and put forth its increase that it may give seed to the sower and bread to the eater, so shall be the words sown in faith ; they shall not return fruitless, but shall effect what God hath willed, and make the purpose succeed for which He hath sent it.

GENERAL INSTRUCTIONS ON THE MANNER OF REGULATING THE SERVICE OF THE TABLE, FOR ORDINARY DINNERS, AND ALSO FOR DINNERS OF INVITATIONS.

THE choice and arrangement of dishes for a dinner are often a matter of embarrassment to many housekeepers. In order to assist them, I give below some short and general instructions concerning the best and cheapest method of preparing the ordinary family dinner for the several days of the week, and a few menus for dinners given on special occasions.

The breakfast, being a meal of secondary importance, I shall only say that the remains of the dinner can always be used at the next day's breakfast, by adding eggs, vegetables, fish, or bacon.

ORDINARY DINNERS.

MONDAY.—Pot-au-feu ; with half of the broth, a vermicelli or other soup could be made. The beef could be served with small cucumbers, cabbages, or other vegetables. A roast rabbit, and a salad ; or the rabbit fricasseed, with a dish of vegetables of any kind. Some apples cooked with butter and sugar.

Observations.—The remains of the beef can be prepared in innumerable ways for breakfast next day ; and the remains of the rabbit, if roasted, served cold ; if fricasseed, warmed up.

TUESDAY.—With the other half of Monday's broth, prepare a rice soup. A piece of braised beef or veal with small carrots. A dish of vegetables in season, or a fish. For dessert some stewed fruit.

Observations.—The remains of the veal can be served cold next day for breakfast, with some ham.

WEDNESDAY.—A “soup maigre.” A piece of mutton braised or baked, with small potatoes around, in an oven ; or a “haricot of mutton.” A dish of vegetables or a salad. Cheese, fruit, or jams.

THURSDAY.—Pot-au-feu ; use half of the broth to make a pea-soup. The beef may be served with tomato sauce or purée of onions. A fricassee of chicken, or of some other fowl. French beans or green peas. A pudding of cherries or other fruit.

Observations.—For next morning's breakfast hash the remains of the beef, and cook it in the oven, in a dish ; serve it with some fried eggs on the top.

FRIDAY.—Make a “julienne soup” with the other part of the broth remaining since Thursday. Salmon

or turbot. Eggs with sorrel or spinach. Mutton or veal cutlets, with fried potatoes. For dessert, rice and milk.

SATURDAY.—Pot-au-feu ; soup, tapioca, or other Italian pastes. The beef to be served with a *few* vegetables, such as small turnips, carrots, &c., boiled in the “pot-au-feu.” Fish, with boiled potatoes. Cheese and pastry.

SUNDAY.—It is better to have a simple dinner in order to avoid much cooking. A soup with the broth remaining from Saturday. The rest of the beef. A roast chicken, with water-cresses. Cheese and fruit, or jam of any kind.

DINNERS OF INVITATION.

JANUARY.

These Menus have been supplied by a friend, and are intended as helps in the preparation of small dinners for eight or twelve persons.

Chantilly Soup.	Sweetbreads à la jardinière
Soles au gratin.	Roast Pheasant.
Roast Goose with purée of Chestnuts.	Dressed Spinach.
Cutlets of Mutton à la Vicomtesse.	Apple Charlotte.

Chantilly Soup. See page 40.

Soles au gratin. See page 117.

Roast Goose with purée of Chestnuts :—

Roast a goose according to the instructions given page 213.

The preparation of the chestnut purée is as follows:—Remove the outer skin of about twenty large chestnuts, scald them, scrape off carefully all the inner skin; put into a saucepan with the chestnuts half a pint of milk, and boil them gently; when soft, drain away the milk, and rub them immediately through a sieve. Put the pulp in a stewpan with a little butter, a pinch of powdered sugar, a quarter of a gill of cream, with pepper and salt; stir over the fire until quite hot (not boiling), and serve with the goose.

*Cutlets of Mutton à la Vicomtesse :—*As described page 220, with eggs and bread crumbs.

Sweetbreads à la Jardinière:—

Preparation of the sweetbreads according to the instructions page 223.

The sweetbreads must be arranged in order over a proper quantity of jardinière, which is prepared as follows:—Scrape some carrots, and peel the same number of young turnips; and with a vegetable cutter shape the carrots and turnips into the form of peas, small olives or other fancy shapes; boil them in a little broth; when done, drain them and put them in a saucepan with about the same quantity of green peas, French beans, asparagus peas, and sprigs of cauliflowers: these vegetables must have been previously cooked and well drained. The gravy from the sweetbreads must be poured over this mixture of vegetables.

Roast Pheasant. See page 211.

Dressed Spinach. See page 196.

Apple Charlotte. See page 183.

FEBRUARY.

Ox-tail Soup.	Fricassee of Chickens
Boiled Turbot.	with Mushrooms.
Boiled Leg of Mutton	Roasted Snipes.
(with Caper Sauce).	Omelette Soufflée.

Ox-tail Soup. See page 47, 48.

Boiled Turbot. See page 120.

Boiled Leg of Mutton with Caper Sauce. See page 214.

Fricassee of Chickens with Mushrooms. See page 215 (Fowl).

Roast Snipe :

Pick them thoroughly, and take the skin off the head, cut off the wings ; twist the legs so as to bring the feet behind the thighs ; pass the bill through the thighs and body ; then singe them carefully. Cover them with rashers of bacon tied round ; roast them before a clear fire for twenty or twenty-five minutes. Place under them as many pieces of toasted bread as you have birds, so that the gravy shall fall on the bread ; baste the birds frequently. Serve them on a dish with a piece of toast under each bird, and garnish with watercresses round.

Omelette Soufflée. See page 188.

MARCH.

Potato Soup.

Trout à la Maître d'Hôtel.

Roast Breast of Lamb.

Pigeons en Compote.

Roast Chickens.

Cauliflower with White
Sauce.

Lemon Custard.

Potato Soup. See page 52.

Trout à la Maître d'Hôtel :—

Prepare and boil a trout according to the instructions given page 114, for boiling salmon.

The maître d'hôtel must be prepared as given on pages 134 and 135, and served separately in a sauce-boat.

Roast Breast of Lamb. See page 210.

Pigeons en Compote:—

Follow exactly the instructions given on page 73, “Stewed Pigeons (1).”

Roast Chickens. See page 213, “Roast Fowl.”

Cauliflower with White Sauce:—

Prepare and boil the cauliflowers according to the instructions given on page 195.

When sufficiently boiled, drain them, and dish up so that the flower only may be seen ; pour some white sauce over and serve.

To prepare a white sauce (or maître d'hôtel):—Put about two ounces of fresh butter into a very clean saucepan, and the yolks of two eggs, a little salt, and a teaspoonful of good vinegar (the juice of a lemon is much better) ; place the saucepan over a slow fire, and stir with a wooden spoon until the butter is quite melted and mixed with the eggs (it must not boil) ; add to it a little chopped parsley, and use the sauce at once, if not, it is liable to curdle. For this reason, the sauce, which is very delicate, and quickly prepared, must be made at the very moment it is wanted.

Lemon Custard. See page 179.

APRIL.

Spring Soup.	Lamb Cutlets, Asparagus
Red Mulletts, baked.	Peas.
Boiled Fowls, Oyster	Roast Leg of Mutton.
Sauce or Béchamel	Spinach with Cream.
Sauce.	Sweet Omelette.

Spring Soup:—

Follow instructions given for a vegetable soup, on page 51. This soup must be made, as its name implies, with spring vegetables only. When it is ready to be served, add some asparagus peas and green peas previously boiled.

Red Mulletts baked. See page 124.

Lamb Cutlets, Asparagus Peas. See page 220, "Mutton Cutlets."

Prepare the "asparagus peas" as follows:—Cut the green part into small pieces, the shape of peas, boil them carefully, drain them free from all moisture, add an ounce of butter, a little pepper and salt, a pinch of sugar, and a tablespoonful of white sauce; stir the contents of the saucepan gently over the fire till the butter is melted, garnish your cutlets with the asparagus peas, and serve.

Roast Leg of Mutton. See page 209.

Spinach with Cream:—

Prepare the spinach according to directions, page 186, and then add a gill of cream, an ounce of fresh

butter, and a teaspoonful of pounded loaf-sugar; work the whole together over a moderate fire.

Sweet Omelette. See page 187.

MAY.

Soup à la St. Germain.

Fillets of Mackerels, à la
Maître d'Hôtel.

Chickens à la Marengo.

Veal Cutlets, Tomato
Sauce.

Roast Ducklings.

French Beans with fine
Herbs.

Strawberry Jelly.

Soup à la St. Germain—

Or green pea soup, as given on page 31.

Mackerels à la Maître d'Hôtel. See page 124.

Chickens à la Marengo :—

The same process as for the fricassee of chicken with mushrooms, p. 215, but the chicken must be cooked in four tablespoonfuls of good lucca oil instead of butter, with a little tomato sauce and the juice of a lemon added to the sauce; after having dished up all the pieces in proper order and poured the sauce over, garnish with four crayfish, place round four fried eggs and four large croûtons of fried bread.

Veal Cutlets, Tomato Sauce. See page 220.

Roast Ducklings. See page 212.

French Beans with fine Herbs :—

After having boiled them (see page 200) they must be drained on a colander ; then put in a saucepan two pats of fresh butter with some finely chopped parsley and two eschalots, salt, pepper, and the juice of a lemon ; simmer over the fire until melted, put in the beans, and toss all together, and dish up with or without croûtons arranged round the dish.

Strawberry Ice Cream. See page 261.

JUNE.

Purée of Asparagus Soup.	Veal à la Bourgeoise.
Sturgeons or Dory	Roast Turkey.
grilled, Piquante	Green Peas à la Pay-
Sauce.	sanne.
Boiled Capons à la	Bain-Marie Pudding.
Béchamel.	

Purée of Asparagus Soup. See page 45.

Sturgeons or Dory grilled, Sauce piquante :—

After your fish is prepared according to the instructions given for “ Broiled Salmon,” page 115, pour over some “ piquante sauce,” pages 132 and 133, according to taste.

Boiled Capon à la Béchamel :—

After the capon is boiled (see page 214, “ Boiled

Fowls"), serve it with the béchamel (No. 136) in a sauce boat.

Veal à la Bourgeoise :—

Take about five or six pounds of veal, lard it, put it into a large stewpan, with about a quarter of a pound of bacon cut into small pieces the size of a moderate-sized walnut; cover the stewpan and place it over a fire; turn the piece of veal, in order to give it a light brown colour on both sides, sprinkle with a little salt, put in an onion with a clove stuck in it, and a *bouquet garni*. As soon as the veal begins to adhere slightly to the saucepan add about a pint of stock; cover the saucepan and let the contents simmer for thirty or forty minutes. Prepare about forty small button onions and as many pieces of carrot of the shape and size of your onions. Remove the bouquet and the onion, and put in with the veal the small onions and carrots. If there is not sufficient gravy to cook these vegetables, add a little more stock or water, cover the saucepan closely and let the contents simmer gently for thirty-five or forty minutes. Carefully take out the veal, so as not to break it, put it on a dish and place the vegetables round it. If there is too much gravy, or if it is too thin, boil it and pour over the veal.

Roast Turkey. See page 213.

Green Peas à la Parisienne :—

Place in a saucepan your green peas (small, fresh, and newly shelled), a piece of butter, a little water, a little pounded sugar, parsley, and a few small new onions; place the saucepan over a moderate gentle fire for about half an hour; then take away the parsley and small onions. Now add a piece of very fresh

butter with a little flour, stir over the fire, and serve as soon as the butter is melted and thoroughly mixed.

Rain-Marie Pudding. See page 179.

JULY.

Soup Maigre.	Roast Beef à l'Anglaise.
Salmon à la Béchamel.	New Potatoes with Cream.
Braised Ducklings with Turnips.	Raspberry and Currant Ice Cream.
Macaroni à la Milanaise.	

Soup Maigre. See page 42.

Salmon à la Béchamel :—

Salmon to be boiled according to instructions page 114. Béchamel (No. 136) to be served in a sauce boat.

Braised Ducklings with Turnips :—

Prepare a young duck and put it in a stewpan with butter (from two to three ounces, according to the size of the duck), fry slowly, till it is of a nice brown colour all over; then remove it from the stewpan. Put in the same butter from twenty to thirty small round turnips, cut and shaped of equal size; when they begin to colour sprinkle over them a spoonful of pounded sugar; take them out; then add to the butter a tablespoonful of flour, and stir till well mixed, then add about a pint

of stock for a middle-size duck, salt, pepper, and a *bouquet garni*. Return the duck to the gravy, and when it is half done put in the turnips; turn the duck over once or twice, and be careful not to break the turnips. When cooked skim away the fat and serve very hot.

Macaroni à la Milanaise :—

Put into boiling water a pound of best macaroni, with a piece of butter, a little salt, and an onion with a clove stuck in it; when done, drain it over a colander; put in a saucepan a quarter of a pound of grated gruyère, and as much parmesan cheese, a very little nutmeg and pepper, three or four tablespoonfuls of cream, now add the macaroni; stir all together over a slow fire. When properly mixed, dress it on a dish in the form of a dome, and pour over a rather thick tomato sauce.

Roast Beef à l'Anglaise. See page 207.

New Potatoes with Cream :—

Boil new potatoes (see page 190). Put in a saucepan a piece of butter, a spoonful of flour, chopped parsley, eschalots, salt, pepper, and a little nutmeg; when well mixed, add some good cream: stir until it comes to the boil; cut the potatoes into slices, throw them into the sauce. Keep the saucepan on a slow fire for five minutes and serve.

Raspberry and Currant Ice Cream. See page 263.

AUGUST.

Julienne Soup.	Pigeons Sautés with To- matoes.
Salmon grilled à la Tar- tare.	Roast Grouse.
Fillets of Beef Château- briand.	Purée of Green Peas.
	Pudding of Green Gages.

Julienne Soup. See pages 38 and 39.

Salmon grilled à la Tartare:—

Prepare the salmon according to the instructions “Broiled Salmon,” page 115, and serve the Sauce Tartare in a sauce boat.

Sauce Tartare, as follows:—Prepare some “mayonnaise,” page 104, and mix with it some tarragon, chervil, and a few spring onions and a little anchovy, all chopped finely.

Fillet of Beef Châteaubriand. See “Roast Sirloin,” page 207.

Four or five pounds of sirloin, or a fillet of the same weight is still better. When ready, surround it with fried potatoes. See page 193.

Pigeons with Tomatoes:—

Cut six good tomatoes each into four parts, press them lightly with your hand to extract the water and pips. Then prepare your pigeons and cook them as explained in the recipe “Stewed Pigeons,” page 73. When cooked, place them on a dish, and keep them hot. Put your tomatoes into the butter in which the pigeons have been cooked; add some salt and pepper,

and simmer for ten minutes, stir the saucepan now and then over the fire (the tomatoes must not be broken). When cooked, add a little butter (the size of a walnut), melt it slowly, and then pour the tomatoes over the pigeons.

Roast Grouse. See page 211.

Purée of Green Peas :—

Prepare your purée (see “Green Pea Purée Soup,” page 32), but instead of stock add a piece of fresh butter, salt, and pepper.

Pudding of Green Gages, or other fresh fruit :—

Line a pudding basin with suet crust rolled out to the thickness of about half an inch ; fill the basin with the fruit, put in the sugar, and cover with crust. Fold the edges over, and pinch them together to prevent the juice from escaping. Tie over a floured cloth, put the pudding into boiling water, and boil from two to two and a half hours. Turn it out of the basin, and serve quickly.

SEPTEMBER.

Vermicelli Soup.

Fried Whittings.

Roast Hind-quarter of
Lamb.

Jugged Hare.

Roast Capon.

Tomatoes farcies à la
Provençale.

Pudding of Fruit.

Vermicelli Soup. See page 53.

Fried Whittings. See page 121.

Roast Hind-quarter of Lamb. See page 210.

Jugged Hare. See page 77.

Roast Capon. See "Roast Fowl," page 213.

Tomatoes farcies à la Provençale:—

Choose six good tomatoes, take off the stalk, cut them open a little, and with a small spoon remove carefully the pips, then place them in order in a saucepan with two spoonfuls of good salad oil, with a little salt and pepper. Wash and peel about a pint of mushrooms, chop them very finely, dry them in a towel so as to take away all the water, mince three eschalots, a clove of garlic, and a sprig of parsley; put these into a saucepan with a spoonful of oil, and about an ounce of butter, with a little pepper and salt; fry them for six or seven minutes, stirring constantly with a wooden spoon; add a spoonful of flour and one of bread raspings and constantly stir; now add four or five spoonfuls of white wine and the same of stock, stir over the fire and let the purée reduce until it becomes thick; fill your tomatoes with the sauce, and if you have any sauce left, pour it into the spaces between the tomatoes, and shake over some light-coloured raspings of bread; now place the saucepan over a brisk fire, holding over the top a red hot salamander for about eight or ten minutes. Dish them up carefully and serve.

Pudding of Fruit. See "Apple Pudding," page 165.

OCTOBER.

Soup Bonne Femme.	Omelettes with fine Herbs.
Fillets of Salmon à la Montebello.	Roast Pheasant.
Braised Leg of Mutton.	Brussels Sprouts.
	Meringue Apple and Rice.

Soup Bonne Femme. See page 41.

Fillets of Salmon à la Montebello :—

Prepare some slices of salmon, not more than two-thirds of an inch thick, cut them in the form of ovals. Put some butter in a fryingpan, and when warm add the slices of salmon, with salt and pepper. Stir into a clean saucepan five or six table spoonfuls of good stock; then add the butter in which the slices of salmon have been fried, with a little chopped parsley, previously blanched, a very little grated nutmeg, and the juice of a lemon. Stir in the yolks of two or three eggs, drain for a minute or two the slices of salmon on a sieve; now arrange them in the form of a circle or oval on a dish and pour the hot sauce over and serve.

Braised Leg of Mutton. See page 214.

Omelettes with fine Herbs. See "Plain Omelettes," page 185.

Roast Pheasant. See page 211.

Brussels Sprouts. See page 196.

Meringue Apple and Rice. See page 181.

NOVEMBER.

Giblet Soup.	Roast Quails.
Turbot with Italian Sauce.	Purée of Turnips.
Roast Rump of Beef.	Salad of Oranges.
Pigeon Pie.	

Giblet Soup. See page 50.

Turbot à l'Italienne :—

Serve with a boiled turbot the Italian sauce (see page 137) in a sauce boat.

Roast Rump of Beef. See page 207.

Pigeon Pie. See page 168.

Roast Quails. See page 212.

Purée of Turnips :—

Cut into four or six pieces half a dozen moderate-sized turnips, give them a nice and even form; then put them into boiling water for five or six minutes and drain them. Place them in a saucepan with two ounces or two ounces and a half of butter, shake them over a slow fire until they become of a light-brown colour, add a spoonful of flour, a teaspoonful of pounded sugar, a little salt, and a pint of good stock, let them simmer gently for five-and-twenty minutes; then remove the lid and place the saucepan over a brisk fire for five minutes. Dish up in good order without breaking the turnips.

Salad of Oranges. See page 265.

DECEMBER.

Tapioca Soup.	Cutlets à la Jardinière.
Fillets of Soles à la Reine.	Roast Partridges.
Roast Turkey.	Purée of Chestnuts.
Salmis of Pheasants à la Financière	Plum Pudding.

Tapioca Soup:—

Take two spoonfuls of tapioca to every pint of stock. When the stock is boiling add the tapioca, stirring it continually with a wooden spoon. Let it boil for about a quarter of an hour and serve.

Fillets of Soles à la Reine. See page 119.

Roast Turkey. See page 213.

Salmis of Pheasant à la Financière:—

Roast a pheasant (see page 211); when it is nearly cold, cut it up at the joints, take off the skin and arrange the pieces neatly on a dish and keep it hot. Chop up the trimmings of the pheasant with a few mushrooms and a truffle if convenient, put them into a stewpan with an ounce of fresh butter; when of a light-brown colour add a glass of white wine and about half a pint of stock; simmer for a quarter of an hour, skim off the fat, and pour the sauce hot over the pieces of pheasant and serve.

Lamb Cutlets à la Jardinière. See "Mutton Cut-

lets," page 220. See for preparation of "Jardinière," 1st menu, page 281.

Roast Partridges. See page 211.

Purée of Chestnuts. See "Chestnut Purée," 1st menu, page 281.

Plum Pudding :—

One pound of flour, one pound of bread crumbs, three-quarters of a pound of raisins, the same of currants and suet, three or four eggs, milk, two ounces of candied peel, one teaspoonful of powdered allspice, half a teaspoonful of salt. Chop the suet very fine, stone the raisins, wash, pick, and dry the currants, mix these with the other dry ingredients, and stir all well together ; beat and strain the eggs to the pudding, stir these in, and add just sufficient milk to make it properly. Tie it up in a well-floured cloth, put it into boiling water, and boil for at least five hours.

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